

# Hastings Lake YMCA 847-356-4006

Spring 1 Fitness Schedule - **Cabin A/Cabin B**  
February 21, 2010 to April 17, 2010 (8Weeks)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45am-6:45am The Mixx Dede	5:45am-6:45am Advanced Mixx Dede (\$48/\$96)	5:45am-6:45am The Mixx Dede	8:45-9:45pm Adv.Yoga <i>Cabin B</i> Sharon (\$64/\$128)	
8:30am-9:30am Yoga Sharon <i>Cabin B</i>	9:00am-10:00am Total Body Conditioning Bill	9:00am-10:00am Cycling Rhonda	9:00am-10:00am Total Body Conditioning Bill	8:30am-9:15am Muscle Works Rhonda	8:45am-9:45am Interval Trg./UBC Anna
9:45am-10:30am Cycling Rhonda	10:00am-10:45am Step Aerobics Rhonda	10:00am-10:45am Muscle Works Rhonda	10:00am-10:45am Step & Pump Rhonda	9:15am-10:00am Cycling Rhonda	9:30am-10:15am Li'l Tigers Ages 5-8 <i>Cabin B</i> Tracey (\$64/\$128)
10:30am-11:00am Core Strength Rhonda	11:15am-12:00pm Strength & Cond./UBC Alesia (\$48/\$96)Both	11:00am-12:00pm Cardio-Kick/UBC Alesia	11:15-12:00pm Strength & Cond./UBC Anna (\$48/\$96)Both	10:15am-11:00am Butts & Guts Rhonda	10:30am-11:30am Drums Alive <i>Cabin B</i> Anna (\$48/\$96)
11:15am-12:15pm Cardio-Kick/UBC Alesia	12:00pm-1:00pm Gentle Yoga Sharon <i>Cabin B</i>	12:30pm-1:30pm Adv.Yoga <i>Cabin B</i> Sharon (\$64/\$128)	11:10am-12:10pm Yo-Pi Sharon <i>Cabin B</i>	10:15am-11:00am Adult Ballet <i>Cabin B</i> Jennifer (\$48/\$96)	
			3:45pm-4:30pm Yoga For Kids <i>Cabin B</i> Maryann (\$48/\$96)	11:00am-11:45am Zumba/UBC <i>Cabin B</i> Anna (\$48/\$96)	
	4:00pm-4:45pm Children's Ballet Ages 5-7 <i>Cabin B</i> Jennifer (\$48/\$96)	4:00pm-4:45pm Children's Ballet Ages 8-11 <i>Cabin B</i> Jennifer (\$48/\$96)	4:45pm-5:30pm Zumba <i>Cabin B</i> Anna (\$48/\$96)	6:00pm-6:45pm Zumba/UBC <i>Cabin B</i> Anna (\$48/\$96)	Last Saturday of every month unless notified. 1:00pm-2:00pm Karate Clinics-Anna (\$10/\$20 per clinic)
	5:30pm-6:15pm Beginning Karate Anna (\$64/\$128)	4:45pm-5:30pm Adult/Teen Jazz <i>Cabin B</i> Jennifer (\$48/\$96)	5:45pm-6:45pm Adv.Karate <i>Cabin B</i> Anna (\$64/\$128)		
6:00pm-7:00pm Cardio-Kick/UBC Alesia	6:00pm-6:45pm Core Cardio <i>Cabin B</i> Robin	5:30pm-6:15pm Beg/Int.Karate Wilfred (\$64/\$128)	7:00pm-7:45pm Strength & Cond./UBC Anna (\$48/\$96)Both	<b>Registration Dates:</b>  <b>Members - 2/1/10</b> <b>Program Members - 2/8/10</b> <b>Deadline - 2/15/10</b>	
7:30pm-8:30pm Yoga Maryann <i>Cabin B</i>	6:30pm-7:00pm Cycle Blast Anna	5:45pm-6:45pm Core Cardio <i>Cabin B</i> Robin	8:00pm-8:45pm Bag Slam Anna		
7:15pm-8:15pm Adult Karate Anna (\$64/\$128) <i>Cabin B</i>	7:15pm-8:00pm Strength & Cond./UBC Anna (\$48/\$96)Both	6:30pm-7:30pm Cardio-Kick/UBC Anna			
	7:30pm-8:15pm Pilates Maryann <i>Cabin B</i>	7:30pm-8:00pm Awesome Abs Anna			

**PLEASE SIGN UP AT THE FRONT DESK.**

Registration is required for all fitness classes. Due to popularity of our classes and the limited space of our exercise cabin, if you are absent from 2 consecutive classes, your name will be removed from the roster and a person from the waiting list will be added. Feel Free to attend classes when you are on the waiting list, but if the class is full you may be asked to leave.

For their health and safety, young children under the age of 12 are not permitted in the aerobics room during classes or in the fitness center at any time. Youth under the age of 17 are to attend the appropriate orientation to the fitness equipment.

**Any questions or concerns, please talk to Anna Graham, Program Director at 847-410-5319 or**  
**ggraham@ymcachgo.org**

**Babysitting  
Hours**  
M-F 8:30-12:00pm  
M-Th 4-7:00pm  
Sat. 8:45-12:30pm