

Hastings Lake YMCA 847-356-4006

Winter Fitness Schedule - Cabin A/Cabin B

January 3, 2010 to February 20, 2010 (7 Weeks)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45am-6:45am The Mixx Dede	5:45am-6:45am Advanced Mixx Dede (\$42/\$84)	5:45am-6:45am The Mixx Dede	8:45-9:45pm Adv.Yoga <i>Cabin B</i> Sharon (\$56/\$112)	
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 Tigers & Cubs 5 & Up <i>Cabin B</i> Tracey (\$56/\$112)
10:30am-11:00am Core Strength Rhonda	11:00am-11:45am Strength & Cond./UBC Anna (\$42/\$84) ^{Both}	11:00am-12:00pm Cardio-Kick/UBC Anna	11:00-11:45am Strength & Cond./UBC Anna (\$42/\$84) ^{Both}	10:15am-11:00am Butts & Guts Rhonda	
11:10am-12:10pm Cardio-Kick/UBC Alesia	12:00pm-1:00pm Gentle Yoga Sharon <i>Cabin B</i>		11:10am-12:10pm Yo-Pi Sharon <i>Cabin B</i>	10:00am-10:45am Zumba/UBC <i>Cabin B</i> Anna (\$42/\$84)	
				Registration Dates: Members - 12/7/09 Program Members - 12/14/09 Deadline - 12/21/09	
	4:00pm-4:45pm Children's Ballet <i>Cabin B</i> Jennifer (\$42/\$84)	4:45pm-5:30pm Adult Jazz <i>Cabin B</i> Jennifer (\$42/\$84)	3:45pm-4:30pm Yoga For Kids <i>Cabin B</i> Maryann (\$42/\$84)		
	5:30pm-6:15pm Beginning Karate Anna (\$56/\$112)	5:30pm-6:15pm Beg/Int.Karate Wilfred (\$56/\$112)	4:45pm-5:30pm Zumba <i>Cabin B</i> Anna (\$42/\$84)	6:00pm-6:45pm Zumba/UBC <i>Cabin B</i> Anna (\$42/\$84)	1:00pm-2:00pm Tourn.Training Anna (\$42/\$84)
6:00pm-7:00pm Cardio-Kick/UBC Alesia	6:00pm-6:45pm Core Cardio <i>Cabin B</i> Robin	5:45pm-6:45pm Core Cardio <i>Cabin B</i> Robin	5:45pm-6:45pm Adv.Karate <i>Cabin B</i> Anna (\$56/\$112)		
7:30pm-8:30pm Yoga Maryann <i>Cabin B</i>	6:30pm-7:00pm Cycle Blast Anna	6:30pm-7:30pm Cardio-Kick/UBC Anna	7:00pm-7:45pm Strength & Cond./UBC Anna (\$42/\$84) ^{Both}		
	7:15pm-8:00pm Strength & Cond./UBC Anna (\$42/\$84) ^{Both}	7:30pm-8:00pm Awesome Abs Anna	8:00pm-8:45pm Bag Slam Anna		
	7:30pm-8:15pm Pilates Maryann <i>Cabin B</i>				
					Babysitting Hours M-F 8:30-12:00pm M-Th 4-7:00pm Sat. 8:45-12:30pm

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, Health & Wellness Coordinator at 847-410-5319 or ggraham@ymcachgo.org