

Hastings Lake YMCA

Fall II Schedule

October 26th-December 20th (8 weeks)



Monday	Tuesday	Wednesday	Thursday	Friday
	5:45am-6:45am The Mix Dede		5:45am-6:45am The Mix Dede	
8:30am-9:30am Yoga Sharon				8:30am- 9:15am Muscle Works Rhonda
	9:00am-10:00am Total Body Conditioning Bill	9:00am-10:00am Cycling Rhonda	9:00am-10:00am Bill's Boot Camp Bill (\$80/\$40)	9:15am-10:00am Cycling Rhonda
9:40am-10:25am Cycling Rhonda		10:00am-10:45am Muscle Works Rhonda		
10:25am-10:55am Core Strength Rhonda	10:15am-11:00am Step Aerobics Rhonda		10:00am-11:00am Step & Pump Rhonda	10:15am-11:00am Butts and Guts Rhonda
12:15pm-1:00pm Mommy and Me Ages 1 1/2-3 years	12:00pm-1:00pm Gentle Yoga Sharon		11:10am-12:10pm Yo-Pi Sharon	
4:30pm-5:15pm Hip Hop - Ages 8-11 Jennifer		5:00pm-6:00pm Yoga Jan		
5:45pm-6:45pm The Mix Anna			5:45pm-6:45pm The Mix	
7:00pm-8:00pm Yoga Jan				

Registration Dates: Members-October 6, 2008 Non-Members-October 13, 2008 Deadline-October 20, 2008

**All classes are held in Cabin A
Please sign up at 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.