

Hastings Lake YMCA 847-356-4006



Spring 2 Health & Wellness Schedule April 15-June 9 (8weeks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am-9:30am Wogging sun lake forest pres Dede	5:45am-6:45am The Mixx <i>cabin A</i> Dede	5:45am-6:45am Cardio Mixx <i>cabin A</i> Dede	5:45am-6:45am Early Riser Cycle <i>Cabin A</i> Stephanie	5:45am-6:45am The Mixx <i>Cabin A</i> Dede	8:15am-9:15am Yoga <i>Cabin B</i> Michele
8:30am-9:30am Yoga <i>Cabin B</i> Sharon	9:00am-10:00am Total Body <i>cabin A</i> Bill	9:30am-10:00am Cycle Blast <i>cabin A</i> Jeanine	5:45am-6:30am Core & More <i>Cabin B</i> Dede (\$64/\$128)	8:30am-9:15am Wicked Exercise <i>Cabin A</i> Rhonda	8:45am-9:45am 1/2 & 1/2 <i>Cabin A</i> Jeanine
9:45am-10:30am Cycling <i>cabin A</i> Jeanine	10:00am-10:45am Silver Sneakers <i>cabin B</i> Alesia	10:00am-10:45am Wicked Exercise <i>cabin A</i> Jeanine	8:00am-9:00am Yo-Pi <i>Cabin B</i> Sharon	9:15am-10:15am Cycle <i>Cabin A</i> Rhonda	
10:30am-11:00am Ripped Rally <i>cabin A</i> Jeanine	1:15pm-2:15pm Gentle Yoga <i>cabin B</i> Sharon		9:00am-10:00am Total Body <i>Cabin A</i> Bill	10:15am-11:00am Butts & Guts <i>Cabin A</i> Rhonda	
			11:00am-11:45am Silver Sneakers MSROM <i>Cabin A</i> Rhonda		
5:30pm-6:00pm Awesome Abs <i>cabin A</i> Alesia	6:15pm-7:00pm Cycle Blast <i>cabin A</i> Rhonda/Jeanine	6:00pm-7:00pm Bag Slam <i>Cabin A</i> Graham	6:30pm-7:15pm Chisel It <i>Cabin A</i> Alesia		
6:00pm-7:00pm Cardio Kick <i>cabin A</i> Alesia	7:15pm-8:00pm Chisel It <i>cabin A</i> Graham	6:30pm-7:30pm Yoga <i>Cabin B</i> Michele	7:15pm-8:00pm Bag Slam <i>Cabin A</i> Alesia	Babysitting Hours Mon-Fri 8:30am-12:00pm 4:00pm-7:00pm Sat 8:15am-12:30pm	
6:30pm-7:30pm Yoga <i>cabin B</i> Michele					Registration for paid classes begins : Members: 3/19 Non Members: 3/26
					Prices listed are per session this scheudle reflects and 8 week session

Registration for all Health and Wellness Classes is not required. All classes are on a first come first serve basis. Space is limited so arrive 15 min. prior to class to obtain a pass for that class, all passes are located in the cabin where the class will take place. For their health and safety, young children under the age of 12 are not permitted in the aerobics room during classes or in the Wellness Center at any time. Youth under the age of 17 are to attend the appropriate orientation for the fitness equipment.

For questions, contact Rhonda Hoekenga, Health & Wellness Coordinator, at 847-410-5327 or

rhoekenga@ymcachicago.org



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