



the power of **PLAY**

HASTINGS LAKE YMCA Group Exercise Schedule

Effective as SEPT. 4, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:15am YOGA Cabin B, Steve	9-10am ACTIVE OLDER ADULTS Cabin B, Alyssa	8:15-9:15am YOGA Cabin B, Steve	8-9am CORE CARDIO Cabin A, Alyssa	8:15-9:15am YOGA Cabin B, Steve	8-9am BOOT CAMP Cabin A, Alyssa
8:30-9:30am STRENGTH & CONDITIONING Cabin A, Leah	9:30-10:30am TOTAL BODY Cabin A, Leah	8:30-9:30am WATER FITNESS Pool, Tammi	8:15-9am TAI CHI BEGINNER Cabin B, Kelly	8:30-9:30am WATER FITNESS Pool, Jeri	9:15-10:15am ZUMBA Cabin B, Darlene
8:30-9:30am WATER FITNESS Pool, Tammi	11:15am-12:15 GENTLE YOGA Cabin B, Sharon	9:30-10:30am STRENGTH & CONDITIONING Cabin A, Leah	9-10am TAI CHI INTERMED. Cabin B, Kelly	9:30-10:30am STRENGTH & CONDITIONING Cabin A, Rhonda	NOTE the first Saturday of every month there is no Zumba
9:30-10:30am STRENGTH & CONDITIONING Cabin A, Rhonda		11:15am-12:15 YOGA Cabin B, Sharon	9:30-10:30am TOTAL BODY Cabin A, Leah		
10:30-11:30a ROCK STEADY BOXING Cabin A, Alyssa \$\$		12:30-1:15pm DEEP WATER AFYAP Pool, Karen	10:30-11:30a ROCK STEADY BOXING Cabin A, Alyssa \$\$		\$\$ INDICATES A PAID CLASS. PLEASE REGISTER AT THE FRONT DESK TO ATTEND.
12:30-1:15pm DEEP WATER AFYAP Pool, Karen		1:30-2:15pm AFYAP Pool, Karen	10-11am TAI CHI ADVANCED Cabin B, Kelly		
1:30-2:15pm AFYAP Pool, Karen	5-6pm BOOT CAMP Cabin A, Alyssa		11:15am-12:15 GENTLE YOGA Cabin B, Sharon		
5-6pm CORE CARDIO Cabin A, Alyssa	6-7pm YOGA Cabin B Debra	5-6pm CORE CARDIO Cabin A, Alyssa	5-6pm BOOT CAMP Cabin A, Alyssa		
6-7pm CORE CARDIO Cabin A, Alyssa		6-7pm BOOT CAMP Cabin A, Alyssa	6-7pm ZUMBA Cabin B, Darlene		
6-7pm CARDIO TAEKWONDO Cabin B, Jon Istre \$\$		6-7pm CARDIO TAEKWONDO Cabin B, Jon Istre \$\$			

Online Reservation Not Required

Check our website or app for the most current information on substitutions & cancellations.

hastingslakeymca.org

GROUP EXERCISE CLASS DESCRIPTIONS

ACTIVE OLDER ADULTS (Silver Sneakers): This class is designed to increase strength, range of movement, agility, balance, and coordination, and to improve older adult's functional capacities, physical fitness level, and sense of well being.

ARTHRITIS SHALLOW WATER (AFYAP): Enjoy walking, stretching, and exercising in the warm pool water. Increase range of motion, balance, and posture with low-impact activities designed by the Arthritis Foundation YMCA Aquatic Program. A great continuation after rehab and joint surgeries. NOTE: fun and socialization are encouraged!

BOOT CAMP: A full-body blasting workout for anyone, any age! It is designed to get that heart pumping and increase your muscular strength by the class!

CORE CARDIO: This isn't a time to be afraid of the word "cardio"! A fun class aimed to tone up your abdominal muscles, as well as working on enhancing one's cardiovascular endurance!

ARTHRITIS DEEP WATER (AFYAP): This class is designed to increase mobility, range of motion, and flexibility. The buoyancy provided by deep water reduces the effects of gravity on aching joints and muscles. Participants wear floatation belts and maintain a vertical position as they strengthen their core.

STRENGTH & CONDITIONING: Improve strength and tone up your muscles with this class. You will work on all muscle groups using exercise equipment or your own body strength!

TAI CHI: is known as one of the most effective exercises for physical and mental well-being. This class is especially suitable and effective for individuals with arthritis. In this Tai Chi for Arthritis and Fall Prevention class, the focus is on improving balance and preventing falls. Tai Chi, also, helps to reduce pain and stress by increasing muscular strength and improving flexibility.

TOTAL BODY: You will work both cardio and strength during this one-hour class. Various exercise equipment will be used to help you reach your fitness goals. *High-intensity class.

WATER FITNESS:

This class takes place in the shallow end of the pool and swimming ability is not required. The instructor utilizes different pieces of equipment and exercises which include aerobics, and movement at a pace and level of each individual.

YOGA: A workout that develops strength, and flexibility, and helps create a lean, total body while keeping students on the move. It combines a series of flowing postures with rhythmic breathing for a body-mind workout. Yoga is directed at creating the highest level of energy, vitality, and freedom.

ZUMBA: Ditch the workout and join the party! This class combines many different types of music and movement to help you burn calories and stay healthy! *Medium intensity class.

ROCKSTEADY BOXING: Parkinsons boxing class Rock Steady Boxing is a health and wellness program designed for people with Parkinson's Disease, a neurological condition that affects balance, strength, walking, and especially confidence. It's based on a foundation of non-contact boxing, and it's very effective for improving all of the symptoms that people with PD typically experience. ®

CARDIO TAEKWONDO: A good cardio workout that includes stretching, kicking, punching, forms (poomsae) white belt through black belt if desired. Korean Culture includes both mannerisms and language. Preparation for formal testing (if needed) Correct usage of the uniform. Physical kicking/punching of targets (boards). Basic self-defense includes hand blocks and counter attacks. Respect, control of power and leadership

For additional information or questions,
please call 847-356-4006.

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