

CLASS DESCRIPTIONS

Please consult your physician before starting any new fitness exercise. Please choose the appropriate level class that meets your experience and current activity level. Listen to your body and stay well hydrated! If you have any other questions please contact Deborah Thierbach dthierbach@ymcahonolulu.org or 625-1040. You can also visit our website at www.ymcahonolulu.org. *"AOA" listed next to class descriptions indicates these classes are ideal for our members who are 55+

MIND/BODY

ASHTANGA: Wake up the body and mind using physically challenging flowing movements and breath work. Expect power moves, quicker transitions.

Intermediate Level.

HATHA YOGA: Emphasis on strength building and flexibility by following Vinyasa (rejuvenating) sequences. This class will improve posture, alignment and balance. *AOA. All Levels.*

VINYASA YOGA This class is a flowing combination of several principles; a nice combination of Hatha and power moves, flexibility and holding of poses.

Intermediate Level

STRENGTH/FUNCTIONAL TRAINING

EDGE CONDITIONING: this circuit class, held behind the locker rooms is a challenging 24 minutes of full body strength and cardio. The moves are sport specific using a wide range of equipment to perform moves such as: renegade rows, man makers, clean and jerks, pull-ups, rope squats, etc.

Intermediate/Advanced Level- 8 participants max. You must sign up at front office.

PILATES: Level I: is ideal for beginners. Improve core strength, posture and overall body awareness. **Level II:** requires 30+ hours at level one due to more advanced moves. **Level III:** requires 30+ hours at Level II due to fast pace and less focus on theory.

TOTAL BODY CONDITIONING: mixes some cardio intervals with weight endurance training using bands, hand weights, exercise balls, and steps. *All Levels.*

ZUMBA: a latin/international dance work-out. A fitness party! *All Levels.*

CARDIO CLASSES

HIGH/LOW: A combination of impact and non-impact aerobics, toning, and stretching, with modifications for beginners. Students learn correct technique and become familiar with basic moves. Changes will be made to accommodate needs/preferences of participants. *AOA. All Levels.*

CARDIO STRENGTH BURN I: A combination of step aerobics and strength training with weights and exercise bands. *Intermediate Level.*

STEP: Power movements and hot choreography to gear you up to the utmost in step training. **INTERVAL:** faster paced classes, that incorporate hand weights.

KICKBOXING INTERVAL: a low impact but moderate to high intensity class. Incorporates the use of hand weights. *All Levels.*

CARDIO BLAST : held in our Cardio Center, you will be coached through aerobic and anaerobic levels of intensity, taking periodic heart rate checks to insure maximum benefits are achieved. *All Levels.*

AQUATICS

H2O: Ideal for those wanting a less weight bearing, low impact exercise that uses water as resistance. Ideal for anyone recovering from injuries or whom may have any physical limitations. Use of aqua bells, joggers, noodles will be used. T-shirt cover ups are acceptable. Aqua shoes/gloves are optional. Bring water bottles. *AOA. All Levels.*

H2O FIT: this class is slightly higher in intensity by incorporating more deep water training. Great for those wanting a cross-training format to compliment land workouts! *All Levels.*

H.I.T. Water: High intensity training in the water. This 30 minute class incorporates sprint intervals and plyometrics, along with band/weight resistance training to blast calories and carve out muscle. *Intermediate/Advanced.*

SPECIALTY FORMATS!

TAI CHI YOGA FLOW: referred to as, "Chinese yoga" or *moving meditation*. Movements help find your inner energy, leaving you relaxed and rejuvenated, this particular class incorporates balancing moves taken from hatha yoga. *AOA. All Levels.*

BOSU BALL CIRCUIT: This class uses the BOSU Ball (both sides up) and will consist of one or all of the following: cardio, core, strength and balance training. *Intermediate/Advanced Level.*

AOA (Active Older Adults)

WALK FOR LIFE: Enjoy the outdoors while walking around Mililani town, engaging in good conversation while getting some exercise too! Wear walking shoes. *AOA. All Levels.*

SILVER & FIT FITNESS TRAINING: Have fun through a variety of intervals that include light cardio, strength and agility exercises. Hand-held weights, exercise bands, and a ball are offered for resistance. Exercises can also be done seated or use a chair for standing support. *AOA. All Levels.*

ZUMBA GOLD: A lower intensity Zumba class geared toward beginners that uses Latin music and modified moves to give you a great cardio workout. *AOA. All Levels.*

CLASS ETIQUETTE

1. Classes are a group activity, please follow the instructor's routine.
2. **Please be on time. Entering a class in progress is not recommended and in some cases not allowed.**
3. Be considerate of other members' exercise space. Please do not crowd a member who has arrived in class before you.
4. Please do not enter the studio before the current class has finished.
5. Please wear appropriate exercise attire.
6. Water must be in an enclosed, unbreakable container. No food.
7. Cell phones should be turned off or on silent mode.
8. Please bring a towel to class.
9. Return all equipment to the proper storage area.

