

ATHERTON Group Exercise Class Descriptions

Please consult your doctor before starting any fitness program. Choose classes that are appropriate for your fitness level and experience. Stay well hydrated and listen to your body!

<p><u>VINAYASA YOGA</u> (All Levels) AOA Janice Reyes</p> <p>This unique type of yoga links breath with movement. Students will be introduced to a set sequence of postures, with some variations from class to class, that will leave them with a feeling of a stronger body and a calmer mind. And don't be afraid if you do not feel too strong or too flexible, because there are modifications for postures. It is important to remember that yoga is a focus within yourself and everyone has different needs for their bodies. So have fun and enjoy the gift you are giving your body and mind.</p>	<p><u>HATHA YOGA</u> (All Levels) AOA Katrina Yoder</p> <p>This class is composed of mind, body, and breathe exercises that will utilize gentle to moderate asanas, or postures. Through these exercises, we will increase strength, balance and flexibility, as well as, release stress.</p>	<p><u>VINYASA FLOW</u> (All Levels) AOA Shanda Woods</p> <p>This unique, high energy, flowing yoga will link the breath with movement. This is a fast paced class, synchronizing the breath with progressive series of postures, producing internal heat and sweat. Suitable for all levels, as modifications will be given to suit your needs. You will leave with a feeling of a stronger body and a calmer mind.</p>
<p><u>HATHA YOGA</u> (All Levels) AOA Madeline Bays</p> <p>Hatha Yoga uses postures (asanas) and stretches in combination with the breath to develop strength, flexibility and relaxation. It encourages proper alignment of the body and brings balance, strength, and calmness to the practitioner.</p>	<p><u>PIYO</u> (All Levels) Blasi Jacobi</p> <p>A dynamic, faster-paced class designed to effectively improve functional training and dynamic balance using moves inspired by Pilates, Yoga, Athletic Conditioning, and Functional Training. Strength Fusion™ gives instructors an innovative, exciting way to format a Mind/Body class that pushes the limits of agility, balance and strength. This format is a highly main-stream and contemporary approach to the traditional Pilates and Yoga formats.</p>	<p><u>TURBO KICK TM</u> (All Levels) Blasi Jacobi</p> <p>This kickboxing format is generally low impact and high intensity! Every TK class you attend will feel familiar as pre-designed choreography is memorized the same way by every instructor. This ensures that you learn safely and effectively while executing easy to learn, high energy patterns!</p>
<p>Questions? Comments? Requests? Contact Kathy Tran Atherton Branch Program Director (808)946-0289 or ktran@ymcahonolulu.org</p>		

All: Suitable for all fitness levels and experience **All-Intermediate:** Higher intensity, faster pace with **modifications** shown for all levels (let instructor know if beginner). **Intermediate-Advanced:** Expect a longer/higher intensity cardio section, challenging strength exercises & a fast pace-Not recommended for beginners. **AOA = Active Older Adults:** These classes are designed for active older adults emphasizing the importance of physical conditioning for continuing a healthy lifestyle. All ages are welcome.

