

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

# Central

## JULY 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 - 6:45 am Endurance Ride Pam Studio 1		5:45-6:45 am Indoor Cycling Pam Studio 1		5:45 - 6:45 am Interval Ride Pam Studio 1	
					7:30 - 9:00 am Tai-Chi for Arthritis Jerry Studio 1
8:00 - 9:15 Low I I/Burn I Kathy Studio 2	8:00 - 9:25 am Step I I/Adv Pilates Antonella Studio 1	8:00 - 9:15 am Low I I/Core Kathy Studio 2	8:00 - 9:25 am Step I I/Adv Pilates Antonella Studio 1	8:00 - 9:15 Low I I/Bosu Kathy Studio 2	8:00 - 9:15 am Hi-Lo Janice Studio 2
9:00 - 10:00 am Tai-Chi for Arthritis Janice Studio 1		9:00 - 10:00 am Tai-Chi for Arthritis Janice Studio 1			8:30-9:30 Hatha Yoga Ancelyn Gym
9:30-10:05am AOA Low I Kathy Studio 2	9:30 - 11:00 am Hatha Yoga Ancelyn Studio 2		9:30 - 11:00 am Hatha Yoga Ancelyn Studio 2	9:30-10:05am AOA Low I Kathy Studio 2	9:30 - 10:30 am Boot Camp Judi Studio 2
10:10-10:45am AOA Cond/Stretch Kathy Studio 2		10:00- 10:45 am AOA MUVE Maggie Studio 1		10:10-10:45am AOA Cond/Stretch Kathy Studio 2	
11:00 - 11:45 am Sit & Get Fit Yoga Stretch Staff Studio 1	10:30-11:30 am H2O Antonella Pool 11:30am - 12:00pm Step Express Rosalie Studio 2	11:15am-12:15pm SILVER & FIT® Level 1&2 Kathy Studio 1	10:30-11:30am H2O Kathy Pool 11:30am - 12:00pm Step Express Rosalie Studio 2	10:45-11:45am SILVER & FIT® Level 1&2 Antonella Studio 1	SUNDAY SCHEDULE
12:00 - 1:00 pm Pilates I/II Stephanie Studio 1	12:00 - 1:00 pm Burn II Rosalie Studio 2		12:00 - 1:00 pm Burn II Rosalie Studio 2	12:00 - 1:30pm Line Dancing May Studio 1	8:00 - 9:15 am Hi-Lo Janice Studio 2
			NEW 12:00-1:00pm Low 1 Aerobics Tom Studio 1		NEW 9:00 10:30am Stretch,Strength,Bal Sungalina S-1
4:45 - 5:45 pm Step II Janie Studio 2		4:45 - 5:45 pm Step II Janie Studio 2	4:45 - 5:25pm BOSU Circuit Al Studio 2	4:45 - 5:45 pm Step II/Burn I Janie Studio 2	
	5:30 - 6:30 pm Turbo Kick™ May Studio 1	NEW 5:00-6:00 pm ZUMBA Pam Studio 1	5:30 - 6:30 pm Turbo Kick™ May Studio 1		
5:45 - 6:00 pm Gut Cut Janie Studio 2	5:30 - 6:30 pm Burn II Al Studio 2	5:45 - 6:00 pm Gut Cut Janie Studio 2	5:30 - 6:30 pm Burn II Al Studio 2	5:45 - 6:00 pm Gut Cut Janie Studio 2	AOA CYCLING MIND/BODY
6:00 - 7:00 pm Hi-Lo Judi Studio 2		6:00 - 7:00 pm Hi-Lo Judi Studio 2			AQUA SENIOR CIRCUIT
6:15 - 7:45 pm Vinyasa Yoga Liz Studio 1		NEW 6:10-7:25 pm Ashtanga Vinyasa Flow Staff Studio 1		6:00 - 7:30 pm Power Yoga Marc Studio 1	For your safety do not enter a class if it is over 10 minutes of start time.
	6:30 - 7:30 pm NIA Renee Studio 1				
Classes/ Instructors are subject to change			Please check bulletin boards daily for updates		
<b>401 Atkinson Dr, Honolulu, HI 96814</b> <b>(808)941-3344 or visit <a href="http://www.ymahonolulu.org">www.ymahonolulu.org</a></b>					



