

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 Caroline Dang at cdang@ymcahonolulu.org or 737-5544. 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

HATHA YOGA: Yoga means to "bring together" or unite. This yoga class uses gentle poses to improve upon posture "asana", strength, flexibility and mental focus. Focus on the breath (ohm) for relaxation brings together the connection of the mind, body and spirit. **ALL levels. *AOA welcome.**

ASHTANGA BASED VINAYASA FLOW YOGA: Similar to the basics of Yoga and includes restoration of nervous system, detoxification and pragmatic strength balance.

QI GONG: This classic ancient Chinese art of self-healing will teach the basic techniques of combining breathing, posture adjustment and focus of the mind. **ALL levels. *AOA welcome.**

TAI CHI: Tai Chi focuses on energy awareness training and guided movements. **ALL levels. *AOA welcome.**

STRENGTH/FUNCTIONAL TRAINING

SCULPTING: This targets, sculpts, and tones all major muscles of the arms, back, chest, legs and abdominals using weights, resistance bands, and exercise balls.

Class begins and ends with a warm-up/cool down period accompanied by stretching. **ALL levels. *AOA welcome.**

AQUATICS

H2O: If you love the water, then this is the class for you! Ideal for those wanting a less weight bearing, low impact exercise that uses water as resistance. Ideal for anyone recovering from an injury or whom has special physical conditions. Use of aqua bells, noodles and joggers are utilized. T-shirt cover-up in pool is acceptable. Bring a water bottle to all aqua classes. **ALL levels. *AOA welcome.**

H2O FIT: This class offers higher intensity exercises by incorporating a majority of deep- water training. This class is ideal for those needing/wanting a cross-training format to compliment land workouts. **INTERMEDIATE Level.**

H2O ARTHRITIS: Certified Instructors lead this water class through gentle movements that help increase flexibility, mobility and range of motion. This pool is heated between 84 - 86 degrees! A doctor's clearance is required. Co-sponsored by the Arthritis foundation. **ALL levels. *AOA welcome.**

CARDIO CLASSES

JAZZERCISE TM: The original dance exercise phenomenon! Each class offers a blend of jazz dance and exercise science set to your favorite music. An effective total body conditioning program designed for all levels. **ALL Levels.**

LOW IMPACT I: This fun LOW IMPACT class is recommended for anyone with physical limitations or injuries but would like to get a good sweat. Tell your instructor of any limitations you may have. Easy on the joints. **ALL levels. *AOA welcome.**

Low Impact II: Slightly higher intensity with more complex choreography. Still easy on the joints! **ALL levels. *AOA welcome.**

Step I: Designed for beginners whom have never attended step or are at a beginner fitness level. Choreography is repetitive and easy to follow. Still suitable for more experienced steppers.

Step II: Expect a faster pace and more diverse choreography. Still ideal for less experienced.

Step III: Creative and complex choreography with less breakdown and little modifications shown.

Silver and Fit

Silver and Fit Muscular Strength & Range of Motion: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

As of 6-30-09



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. Food is not permitted.
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.

