

YGROUP EXERCISE™

Kaimuki

We build strong kids, strong families, strong communities.

July 2009

as of 6/30/09

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00- 8:00 am H2O Nadine	7:00- 8:00 am H2O Nadine				7:00- 8:00 am H2O Elena
		7:00-8:00 am Step I/II Antonella			
8:00-9:00 am Step I/II Antonella		8:00-9:00 am Jazzercise (Circuit) Caroline	8:00-9:00 am Sculpting Caroline	8:00-9:00 am Step I/II Antonella	8:00-9:00 am Jazzercise Caroline
8:00-9:00am H2O Chris	8:00-9:00am H2O Nadine	8:00-9:00 am H2O Chris		8:00-9:00am H2O Chris	9:30-11:00 am Judo
9:15 - 10:15 am Jazzercise Caroline	9:15 - 10:15 am Hatha Yoga Tish	9:15 - 10:15 am Jazzercise (Circuit) Caroline	9:15-10:15am Hatha Yoga Liz	9:15 - 10:15 am Jazzercise Caroline	11:30-12:30 pm 12:30-1:30pm Ballet
	10:30-11:30 am Silver and Fit Kazumi			11:30 am-12:30 pm Silver and Fit Kazumi	NEW CLASS! 2:00-3:15 Yoga Ash. Based Vinyasa Flow
	10am-11am Aqua Arthritis Cara		10am-11am Aqua Arthritis Cara		3:15-4:15 pm H2O Arthritis Debra
	11:15 am-12:15 pm H2O Arthritis/Deep H2O Debra	1:00-2:15pm Beginner's Qi Gong Limin	11:15 am-12:15 pm H2O Arthritis/Deep H2O Debra	1:00-2:15pm Beginner's Qi Gong Limin	4:15-5:15 pm H2O Debra
NEW CLASS! 2:00-3:15 pm Hatha Yoga	NEW CLASS! 2:00-3:15 pm Hatha Yoga	2:15-3:45pm Beginner's Tai Chi Limin	NEW CLASS! 2:00-3:15 pm Hatha Yoga	2:15-3:45pm Beginner's Tai Chi Limin	3:30-4:30 pm Children's Aikido
					SUNDAY SCHEDULE
					9:00-10:00am Tai Chi Limin
					10:00-11:30am Qi Gong Limin
5:15-6:15 pm Low Impact Janis		5:15-6:15 pm Low Impact Janis			3:00-6:00 pm Family Swim
	5:30-7:00 pm Judo		5:30-7:00 pm Judo	5:45-6:45pm Tai Chi Limin	Visit our WEBSITE! at www.ymcahonolulu.org Info available for all branches
6:00-7:00 pm H2O FIT Debra		6:00-7:00 pm H2O FIT Debra		6:00-7:00 pm H2O FIT Debra	Please: FOR YOUR SAFETY Do not enter a class if over 10 minutes of the start time
	7:00-8:30 pm Aikido		7:00-8:30 pm Aikido		
Classes/ Instructors are subject to change			Please check bulletin boards daily for updates		
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