

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Kalihi July 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:45 - 8:30 am Yoga-Lates Robyn Rm. 304			
8:45 - 9:45 am Yoga-Lates Robyn Rm. 304	9:00 - 9:30 am Stretch w. Ball Robyn Rm. 304	9:00 - 10:00 am Water Aerobics Staff KVDPool*	9:00 - 9:30 am Stretch w. Ball Robyn Rm. 304	8:45 - 9:45 am Yoga-Lates Robyn Rm. 304	8:30 - 9:30 am ZUMBA Staff Rm. 304
9:45-10:45 Boot Camp Robyn Rm. 304	9:30 - 10:30 am Cardio Circuit Robyn Rm. 304		9:30 - 10:30 am Cardio Circuit Robyn Rm. 304	9:45-10:45 Zumba Maile Rm. 304	
10:45 - 11:15 Butt & Gut Robyn Rm. 304	10:30 - 11:00 Gentle Toning Robyn Rm. 304	10:45 - 11:15 Butt & Gut Robyn Rm. 304	10:30 - 11:00 Gentle Toning Robyn Rm. 304	10:45 - 11:15 Butt & Gut Robyn Rm. 304	
					10am- 11am Boxing Troy Rm. 304
11:30 - 12:15 Silver 'n Fit Staff Rm. 304	11:00 - 12:00 Gentle Yoga Pam Rm. 304	11:30 - 12:15 Silver 'n Fit Staff Rm. 304	11:00 - 12:00 Gentle Yoga Pam Rm. 304	11:30 - 12:15 Silver 'n Fit Staff Rm. 304	11:00-12:30 Cardio Kickboxing Mineyo Rm. 304
					Questions? Comments? Contact: Robyn Wright Group Exercise Coordinator
	3:30- 4:20 pm Pilates I Pua Rm. 304	4:00-5:00 pm Burn I Annie Rm. 304	3:30- 4:20 pm Pilates I Pua Rm. 304		
4:00-4:45 pm Burn I Annie Rm. 304	4:30-5:30 pm Cardio Burn Pua Rm. 304	5:00 - 5:45 pm ZUMBA Betty Rm. 304	4:30-5:30 pm ZUMBA Pua Rm. 304		
5:00-5:45 pm Cardio Circuit Alicia Rm. 304	5:30-6:00 pm AB Lab Alicia Rm. 304	4:45 - 5:45 pm Adult Swim Erin KVDPool*	5:30-6:00 pm AB Lab Alicia Rm. 304		
6:00 - 7:00 pm Yoga Pam Rm. 304	6:00 - 8:00 pm Judo David Rm. 204	5:30-6:30pm Tai Chi Limin Rm. 204	6:00 - 8:00 pm Judo David Rm. 204		
7:00 - 8:30 pm Boxing Ralph Rm. 304	6:15 - 7:15 pm Turbo Kick Kelki Rm. 304	6:00 - 7:30 pm Yoga Pam Rm. 304	6:30 - 8:00 pm Beginning Boxing Troy Rm. 304		
		6:30-8:00 pm Qi Gong Limin Rm. 204			
Classes / Instructors are subject to change			Please check Rm.304 Door daily for updates		

Kalihi YMCA of Honolulu

1335 Kalihi Street
 Honolulu, HI 96819
 808.848.2494

<http://www.ymcahonolulu.org/>

Hours of Operation:

Monday - Friday 5 AM - 9 PM
 Saturday 8 AM - 4 PM