

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

# Leeward

July 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50 am Silver & Fit II Terry	8:00 - 8:45 am Stretch & Relax Ann (Gr. Ex Rm 2)	8:00-8:50 am Total Body Cond. Terry	8:00 - 8:45am Stretch & Relax Ann (Gr. Ex Rm 2)	8:00-8:50 am Silver & Fit II Terry	8:00-9:00 am H2O Madalene/Sheri
8:00-9:00 am Vinyasa Yoga Alice (Gr.Ex Rm 2)	8:00-9:00 am H2O Madalene	8:00-9:00 am Vinyasa Yoga Alice (Gr.Ex Rm 2)	8:00-9:00 am H2O Madalene	8:00-9:00 am Vinyasa Yoga Julie (Gr.Ex Rm 2)	8:15 - 9:15 am Zumba Madalene
9:00-10:00 am H2O Julie	8:30-9:45 am Hi-Lo Art (Gr Ex 1)	9:00-10:00 am H2O Julie	8:30-9:45 am Hi-Lo Art (Gr Ex 1)	9:00-10:00 am H2O Julie	9:00 - 11:00 am Taekwondo Dyon
9:00 - 10:00 am Salsaerobics Renna	9:00 - 10:30 am Tai Chi Practice Gr Ex Rm 2	9:00-10:00 ZUMBA 10:00-10:30 ZGOLD Terry	9:00 - 10:30 am Tai Chi Practice Group Ex Rm 2	9:00 - 10:00 am Salsaerobics Renna	Gr. Ex rm 2
10:00 - 11:00 am Dance core Peri (Gr.Ex Rm 2)	10:00 - 11:00 am Step Interval Madalene (Gr Ex 1)	10:00 - 11:00 am Dance core Peri (Gr Ex Rm 2)	10:00 - 11:00 am Step Interval Madalene (Gr Ex 1)		9:15-10:15 am Turbokick Madalene
	11:15am - 12:00 pm Circuit Training Madalene		11:15am - 12:00 pm Circuit Training Madalene		
4:00-5:00 pm Circuit Training Healthy Start Room Terry	4:00-5:00 pm Circuit Training Healthy Start Rm Geraine	4:00-5:00 pm Circuit Training Healthy Start Room Terry/Jessica	4:00-5:00 pm Circuit Training Healthy Start Rm Geraine	4:00-5:00 pm Circuit Training Healthy Start Room Terry	
	4:00-5:00 pm Total Body Cond. Gr. Ex 2 Tery	4:00-4:45 pm Kids Dance Kristen ages 3 to 5	4:00-5:00 pm Total Body Cond. Gr. Ex 2 Terry		 <p>Happy 4th of July!</p>
	4:00-6:00 pm Taekwondo Dyon/ Gr. Ex 1	4:45-5:30 pm Kids Dance ages 6 and up	4:00-6:00 pm Taekwondo Dyon/ Gr. Ex 1		
5:00-6:00 pm H2O Sheri	5:00-6:00pm Ashtanga Yoga Chanda	5:00-6:00 pm H2O Kelly	5:00-6:00 pm Ashtanga Yoga Chanda	5:00-6:00 pm H2O Sheri	
5:30-6:30 pm Step-TBC Jo	5:30-6:30 pm H2O Kazumi	5:00-6:00 pm Resistance Training Renna/Terry	5:30-6:30 pm H2O Sheri	5:30-6:45 pm Step TBC/Abs Jo	
5:30-6:30 pm Piyo Megan/Madalene	6:00-7:00 pm Turbokick Megan/Kristen	5:30 - 6:30 pm Hip Hop Dance Kristen	6:00-7:00 pm Turbokick Kazumi	See group ex board for updates!	
6:30- 7:30 pm ZUMBA Madalene	6:15-7:15 pm Cycling/ABS Madalene	6:00-7:00 pm Salsaerobics Renna/Terry	6:15-7:00 pm Cycling Beverly	<b>Reservation required for circuit</b> <b>Reservation required for cycling</b>	
	7:00 -8:00 pm Cardio Interval Beverly	7:00 to 8:00pm Zumba starts 7/15 Jocelyn	7:00 -8:00 pm Cardio Interval Beverly	Cards given 15 min before class at the front desk	

**Participation is limited to room capacity**  
**Group ex studio #1 - 80 max. Group ex studio#2 - 40 max**  
**Priority is given to members before any guest. Mahalo!**