

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Mililani

July 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00- 8:00 am *Walk for Life Arden Off-site		7:00-8:00 am *Walk for Life Arden Off-site		8:00 - 9:00 am Zumba Shinobu MPR
8:15-9:15 am Cardio Strength Burn I Kim MPR	8:10-9:10 am Silver & Fit Fitness Training Marilyn MPR	8:15-9:15 am Hi/Low Aerobics Marilyn MPR	8:10-9:10 am Silver & Fit Fitness Training Linda MPR	8:15-9:15 am Step Interval Kim MPR	
8:15-9:15 am H2O Chelsea Pool	8:15-9:15 am H2O Fit Chelsea Pool	8:15-9:15 am H2O Jenny Pool	8:15-9:15 am H2O Fit Jennifer Pool	8:15-9:15 am H2O Chelsea Pool	
9:20-10:20 am Tai Chi Shinobu MPR	9:15 - 10:15 am Pilates I/II Amanda MPR	9:30-10:30 am Hatha Yoga Deborah MPR	9:15 - 10:15 am Pilates I/II Ida MPR	9:20-10:20am Tai Chi Yoga Flow Shinobu MPR	9:30-10:00 am The Edge Jenny Lockers
4:30 - 5:30 pm Zumba Shinobu MPR					
5:30 - 6:00 pm The Edge Jenny Lockers				5:30-6pm The Edge Shawn Lockers	
5:30 - 6:30 pm BOSU Interval Valerie MPR	5:30 - 6:30 pm Kickbox Interval Kim MPR	5:30 pm - 6:30 pm BOSU Circuit Jenny MPR	5:30-6:30 pm Total Body Conditioning Jenny MPR	6:00-6:30pm The Edge Shawn Lockers	
6:30- 7:30 pm H2O Fit Chelsea Pool	6:00-6:30pm The Edge Jenny MPR	6:30- 7:30 pm H2O Fit Jenny Pool	6:00-6:30 pm The Edge Shawn Lockers	6:30- 7:30 pm H2O Fit Jenny Pool	9:00 - 10:00 am Vinyasa Yoga Deborah MPR
6:45-7:45 pm Hatha Yoga Francine MPR	6:45-7:30 pm Cardio Blast Jenny Cardio Ctr.		6:45-7:30 pm Cardio Blast Jenny Cardio Ctr.		
		7:00-8:00 pm Hatha Yoga Francine MPR			
				Color Key	If a class has less than 8 participants on a regular basis, the class can be either cancelled or changed without notice.
				MIND/BODY	
				AQUA Classes	
				AOA Classes	
				Sports Conditioning	

Please: For your safety DO NOT ENTER a class if over 10 minutes of start time.

Classes/ Instructors are subject to change

Please check bulletin boards daily for updates

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