

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 Marcia Timboj at mtimboj@ymcahonolulu.org or 541-5243. 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

Early Morning Yoga: Surya Namaskar or Sun Salutation is a series of poses traditionally practiced to “greet the day.” Iyengar based, Vinyasa style, props. **ALL LEVELS.**

Vinyasa Flow: This class is a flowing combination of several principles, a nice combination of hatha and power moves, flexibility and holding of poses. **Intermediate Level**

Hatha: Emphasis on strength building and flexibility by following vinyasa (rejuvenating) sequences. This class will improve posture, alignment and balance. **ALL levels. AOA**

Yogilatés: this class is a nice combination of Pilates and Yoga moves, improving flexibility and increasing strength. Each class will be a little different. **All levels. AOA**

Gentle Yoga: This class is Hatha based...slow, meditative and easy to follow. Focus is on breathing, de-stressing and flexibility. **ALL LEVELS. AOA**

STRENGTH/FUNCTIONAL TRAINING

Strengthen, Stretch & Relax: This mid-day class incorporates strength training, Yoga, Pilates and flexibility exercises to balance and condition your body and mind! **ALL Levels**
BURN I/II: Level I is an endurance training class using bands and hand weights. **Level II** uses our bar/plate system focusing on improving strength with more complex moves.

PILATES: Level I: is ideal for beginners. Improve core strength, posture and overall body awareness. **Level II:** requires 30+ hours at level one due to more advanced moves. **Level III:** requires 30+ hours at Level II due to fast pace and less focus on theory.

PILATES w/Ball: these classes add in the Bosu, Fit Ball and/or Pilates Coach balls in the class. It's suitable for our more experienced members.

GUT CUT: Abdominal training class focuses on the surface muscles using the step, fit ball and floor. Lower back exercises are also incorporated for balance. The fit ball, Bosu Ball, Gliders and other props may be used during classes. **ALL levels.**

Edge Conditioning: Circuit class incorporates sport specific moves using a wide range of equipment. **Intermediate Level**

TRX: This unique piece of equipment utilizes your own body weight and gravity to perform some of the most challenging strength moves ever! **All Levels**

MARTIAL ARTS

Muay Thai:

Wing Chun Drills: This class will focus on standing, close range self defense tactics. There will be physical contact. No previous martial arts experience is needed. Very ideal for women and men wanting to improve their every day self defense techniques. **ALL levels.**

AQUATICS

H2O: Ideal for those wanting a less weight bearing, low impact exercise that uses water as resistance. Ideal for anyone recovering from injuries or whom may have any physical limitations. Use of aqua bells, joggers, noodles will be used. T-shirt cover ups are acceptable. Aqua shoes/gloves are optional. Bring water bottles. **AOA. ALL levels.**

H2O FIT: this class is slightly higher in intensity by incorporating more deep water training. Great for those wanting a cross-training format to compliment land workouts!

H2O Easy Does It::This basic aqua-exercise class is gentle on the joints, focuses on mobility, strength and improvement of dexterity. Minimal cardio. **ALL LEVELS. AOA**

SPECIALTY FORMATS

NIA® this interpretive dance cardio class combines yoga, martial arts, jazz, ballet, etc. in to its unique and uplifting format. You must give this class one try to experience the joy. 15 minute late arrival is allowed in this class. **ALL Levels. AOA**

ZUMBA® this fusion dance aerobics class incorporates Latin and international music and moves creating a unique, effective and FUN cardio workout. **ALL Levels. AOA**

CARDIO CLASSES

High/Low: A combination of impact and non impact aerobics, toning, and stretching, with modifications for beginners. Changes will be made to accommodate needs/preferences of participants. Moderate level choreography. **ALL LEVELS**

Low Impact: Level I: non-impact, low intensity class with easy to follow choreography. Level II: non-impact, high intensity with more complex choreography.

STEP: Power movements and hot choreography to gear you up to the utmost in step training. Level I/II: faster paced classes with complex choreography.

Turbo Kick® : pre-choreographed kickboxing classes that are taught the same by each instructor. Low impact but high intensity, fun and easy to follow. All levels.

Cardio Kickboxing® : trademarked format that few are certified to teach. High intensity class and fast paced. Heavy bags are used! Bring hand wraps. **Intermediate level.**

INDOOR CYCLING

Indoor Cycling: A non-impact, high-energy cardio ride on stationary bikes, simulating a road bike workout to music. All classes are ideal for ALL levels. Go at your own pace!

Endurance Ride: steady state is the focus in this 40-60 minute class.

Triathlon: you'll run, 'swim' and bike in this class, as well as perform plyometrics, push-ups, speed drills, etc., using bands, Bosu and Gliders! Running outside may occur.

Cycling TRX: This Cycling class will interval TRX* exercises focusing on cardio conditioning, core training, power, agility, aerobic/anaerobic states and functional fitness. Besides incorporating TRX*, Bosu, Balls, etc., running outdoors will also occur during class.

Step/Jump/Bosu: Cardio workout combines STEP aerobics utilizing power movements and choreography; plyometric moves on the Bosu and jump rope. **Inter/Adv Levels**

AOA (Active Older Adults)

AOA II CLASS: for our members 55+- this class covers balance training, agility, strength and light cardiovascular movement using the floor and step. A slightly more advance class compared to our Silver & Fit ® Level 1. **ALL LEVELS**

Silver & Fit ® Level 1: A social and upbeat group exercise class that is a great place to start for the active older adult. Functional strength training and cardio exercises are alternated for a fun filled and effective workout that improves core strength and

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. **After 10 minutes of start time, do not enter class please.**
3. Novice cyclist should arrive 5 minutes early for set-up instructions.
4. **Be considerate of other members' exercise space.** Please do not crowd a member who has arrived in class before you or block their view.
5. Please do not enter the studio before the current class has finished.
6. Please wear appropriate exercise attire. Athletic shoes, shirt, etc.
7. Water must be in an enclosed, unbreakable container. Food is not permitted.
8. Cell phones should be turned off or on silent mode.
9. Please bring a towel to class- PROVIDED AT LOCKER DESK.
10. Return all equipment to the proper storage area.
11. **YOGA/CYCLING/Circuit/TRX Class Participants:** pick up a number from our membership office, **10 minutes before class start time,** to participate in classes

stability. Free weights, resistance bands and chairs will be utilized. **AOA**