

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Nu`uanu

July 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:30 am VinyasaFlow YOGA II Allison 118		6:00-7:00 am Triathlon Cycle Barbie Founder's		6:15-7:00 am Endurance Ride Harvey Founder's	
8:00-8:45 am TRX PILATES Allison 118	Fee-Based PICK UP A NUMBER	Fee-Based	8:00-8:45 am TRX PILATES Allison 118	6:30-7:30 am Early Morn YOGA Marcia Founders	8:30 - 10:15am TURBO KICK® POWER PUMP Patty/Frannie 118
9:00- 10:00 am PILATES I/II Eden 118	9:00- 9:45 am AOA II JJ 118	9:00 - 10:00 am PILATES II/III Marcia 118	9:00- 9:45 am AOA II Marcia 118		9:00 - 10:00 am STEP I/II w/Bosu Kathy/Sue Founder's
10:15-11:00 am Silver & Fit Ashley 118	10:00-11:00 am GENTLE YOGA Marcia 118	10:15-11:00 Silver & Fit Herb 118	PICK UP A NUMBER		8:30 & 9:00 am Edge Conditioning Training Ashley (Weight Room) Sign Up at front desk to participate.
10:15-11:15 am TOTAL BODY + CORE	10:00-11:00 am H2O EasyDoes It Sue/Ryan Pool	10:15-11:15 am TOTAL BODY + BALANCE	10:00-11:00 am H2O EasyDoes It Sue/Ryan Pool		11:15-12:00 TOTAL BODY + CORE
	11:15-12:00 pm BUN/THIGH/ABS Healthy Start Center		This class is cancelled until further notice		12:00-1:00 pm H2O Stephanie Pool
12:15 - 1:00 pm ENDURANCE RIDE JJ Founder's	<b>NEW!</b> 12:15-1:00 pm ZUMBA Maile 118	12:15 - 1:00 pm TOTAL BODY + CARDIO	12:15 - 1:15 pm Cycling TRX Eden Founders May run outside- dress appropriately	12:15 - 1:00PM STRENGTHEN, STRETCH, RELAX Marcia 118	
4:30 - 5:30 pm STRENGTH BANDS PILATES I/II Laurie 118	5:00 - 5:25 pm GUT CUT Marcia Founders	4:30 - 5:30 pm STEP I / BALL/PILATES Laurie 118	5:00 - 5:25pm GUT CUT w/Ball JJ Founder's	5:00-6:00 pm PRIVATE CLASS Founder's Hall	PICK UP A NUMBER SUNDAY
5:30-6:30 pm H2O Kathy Pool		5:30-6:30 pm H2O Fit Nadine Pool	5:10- 6:10 pm NIA Renee/Charlene 118	5:30-6:30 pm H2O Frank Pool	9:30 - 10:45 am VINYASA FLOW YOGA Marc GYM
	5:30-6:15 pm STEP/JUMP/BOSU Kim G. 118				NOTICE: Healthy Start Center Circuit Class Descriptions can be found on the Healthy Start Center Schedule
5:30-6:15pm TOTAL BODY Mike	5:30-6:15pm TOTAL BODY+CORE Stephanie	5:30- 6:30 pm Triathlon Cycle JJ Founders May run outside- dress appropriately	5:30-6:15 pm BUN/THIGH/ABS Stephanie Healthy Start Center		
5:45- 6:45 pm Beg. PILATES Kathryn Fonder's	5:45- 7:15 pm TURBO KICK® POWER PUMP Patty/Frannie Founder's		6:00-7:00 pm TURBO KICK® Blasi Founder's		
6:00 - 7:00 pm LOW IMPACT II / STEP 2 /STRETCH Debbie/Sue 118	6:15-7:15 pm VINYASA FLOW YOGA I/II Marc 118 PICK UP A NUMBER	6:00-7:00 pm HI/LO Debbie 118	6:00-7:00 pm TURBO KICK® Blasi Founder's	6:30 - 7:30 pm Cardio Kickboxing® Mineyo Founder's	COLOR KEY CYCLING Classes
	7:30-8:30 pm MUAY THAI Dino Founder's		6:15 - 7:15 pm PILATES I/II with BALL/BOSU Patty 118	7:30 - 8:45 pm WING CHUN Drills Roger Founder's	MIND/BODY AQUA Classes
				8:45-10:00 pm Beginner BOXING Troy Founders	AOA Classes Healthy Start Center Sports Conditioning

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