

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Windward July 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:00am Sunrise Stretch Sue	6:30-7:45am Sunrise Yoga (Yoga I / II) Cherie	6:15-7:00am Sunrise Stretch Carla	6:30-7:45am Sunrise Yoga (Yoga I / II) Cherie	6:30-7:00am Sunrise Stretch Sue / Carla	7:00-8:00am Tae Kwon Do Rocky/Brian <i>See instructors or handout at Front Desk for class & registration info</i>
7:00-8:00am Silver & Fit III Sue	8:00-9:00am Zumba TurboKick Heidi/Jaime	7:00-8:00am Hi/Low Interval Sue	8:00-9:00am Zumba Gold Kaipo	7:00-8:00am Hi-Low Interval Sue/Kaipo/Dee	
8:00-8:30 am Butt & Guts Demetrius	8:00-9:00 am H2O Arthritis Various Instructors	8:00-8:30 am Butt & Guts Kaipo	8:00 - 9:00 am H2O Cheri	8:00-9:00 am H2O Arthritis Various Instructors	8:00-9:00am Zumba Kaipo
8:30-9:45 Step & Sculpt Christina/Heidi	9:00-10:00am H2O Arthritis Kimberly/Millie	8:30 - 9:45am Step & Sculpt Terri	9:00-10:00am H2O Arthritis Kimberly/Millie	8:30 - 9:45am Step & Sculpt Regina	9:15-10:30am Hatha Yoga Yoga I / II Kevin E.
10:00-11:30 am Power Yoga Flow Vinyasa I/II Mara	9:00-10:30 am Ashtanga Yoga Mara	10:00-11:30 am Power Yoga Flow Vinyasa I/II Jenn	9:00-10:30 am Ashtanga Yoga Cyra	10:00-11:30 am Power Yoga Flow Vinyasa I/II Deb	10:30am-12:00pm Power Yoga Flow Vinyasa II/III Various Instructors
11:45am-1:00pm Kupuna Yoga Stretch Yoga .5 Deb	11:45am-12:45pm Vinyasa Yoga Yoga I / II Deb	11:45am-12:30pm Silver & Fit II (chair) Sue	11:45am-12:45pm Vinyasa Yoga Yoga I / II Sundae	11:45am-1:00pm Kupuna Yoga Stretch Yoga .5 Teddi	12:00-1:00pm H2O <i>Family Fitness</i> Various Instructors
3:00-3:45pm Butt & Guts Blast Kaipo	3:00-4:00pm Gravity Group Anastasia	3:00-4:00pm Zumba Maile	3:00-4:00pm Gravity Group Sue	3:00-3:45pm Butt & Guts Blast Demetrius	
4:00-5:00pm Zumba Kaipo	4:00-5:00pm Total Body Cond. Anastasia	4:00-4:30pm Butt & Guts Jaime	4:00-5:00pm Total Body Cond. Sue	4:00-5:00pm Zumba Sundae	
5:00-6:15pm Step & Sculpt Terri	NEW CLASS!! 5:00-6:00pm CCC <i>Cardio Core Cond.</i> Demetrius	4:30-5:30pm Boot Camp Blast Lisa	NEW CLASS!! 5:00-6:00pm CCC <i>Cardio Core Cond.</i> Demetrius	5:00-6:00pm Gravity Pilates Sundae	SUNDAY LOOK FOR NEW CLASSES!! In the next few months!
5:15-6:15 pm H2O Kaipo	5:15-6:15 pm H2O Fit Lisa	5:15-6:15 pm H2O Kaipo/Kimberly	5:15-6:15 pm H2O Fit Lisa	5:15-6:15 pm H2O Kimberly	
6:30-8:00 Power Yoga Flow Vinyasa I/II Teddi	6:00-8:00pm Tae Kwon Do Rocky/Brian <i>See instructors or handout at Front Desk for class & registration info</i>	5:30-6:30pm Zumba Fit Jaima	6:00-8:00pm Tae Kwon Do Rocky/Brian <i>See instructors or handout at Front Desk for class & registration info</i>	6:00-7:30pm Gentle Yoga/ Meditation Sundae	
		6:30-8:00pm Power Yoga Flow Vinyasa II/III Kevin K./Sungalina			CHECK IT OUT!! NEW CLASSES!! NEW DAYS!! NEW TIMES!!
<p>Please consult a doctor before starting any fitness program. Choose classes that are appropriate for your fitness level and experience. Remember to always stay well hydrated and listen to your body at all times.</p> <p>FOR YOUR SAFETY - Please do not enter a class if you are later than 10 MINUTES.</p>					

