YMCA GROUP EXERCISE™ ATHERTON

We build strong kids, strong families, strong communities.

January 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 - 11:30 am **Ashtanga/ Vinyasa Flow** Marc
5:30 - 6:30 pm **Yoga Basics** (Introductory Yoga) Marc	5:30 - 6:30 pm **Turbo Kick™** Kristen	5:30 - 6:45 pm **Introductory Iyengar Yoga** Pablo	5:30 - 6:45 pm **Beg/Int Iyengar Yoga** Pablo	5:30 - 6:30 pm **Mixed Level Yoga** Abby	
6:45 - 8:15pm **Adult Hula** Mary	6:45 - 8:15 pm **Beg/Int Iyengar Yoga** Pablo	6:45-8:15pm **Hip Hop Funk** Kehau	6:45 - 7:45pm **Turbo Kick™** Jeff		For your safety do not enter after 10 minutes of start

Come visit our new Healthy Start Center!
Strength Training/Cardio Equipment
M-F 1pm - 8pm

Atherton Lawn Sale!
Sunday 1/10, 9am - 2pm

Classes/ Instructors are subject to change **Please check bulletin boards daily for updates**

1810 University Avenue, Honolulu, Hawaii 96822
(808)946-0253 or visit www.ymcahonolulu.org

Looking for even more value from your YMCA membership?

Ask about *Island-wide Membership* and *Membership For All.*

Island-wide Membership

Your YMCA membership is a passport to a world of health and wellness opportunities. As an island-wide member, you and your family will enjoy unlimited access to a wide range of programs, classes and amenities at all YMCA branches, including Atherton, Central, Kaimuki-Waialae, Kalihi, Leeward, Mililani, Nuuanu and Windward. No matter where you live and work, the YMCA is just around the corner. JOIN TODAY!

Membership For All

In January 2009, the YMCA of Honolulu is making a bold move. We will be implementing "Membership For All," an income-based, island-wide membership model that will make the YMCA more accessible to all. We wanted to find a way to make the YMCA an affordable place where all in our community can exercise and play with a healthier lifestyle in mind.

Class times, instructors and rates are subject to change. Please call 946-0253 or visit www.ymcahonolulu.org for the latest updates.