



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE FEBRUARY

Atherton YMCA

Announcements	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Member get a Member! Refer a new member to the Atherton YMCA and get a free t-shirt!					<p>For your own safety and as a courtesy to other members, please do not enter class any later than 15 minutes from the starting time.</p> <p>NO CHILDREN under the age of 13 unless otherwise noted in the class description.</p>	
Closures: We will be closed on <u>Monday, February 20th</u> in observance of President's Day.	5:30-6:30pm Yoga Basics Abby	5:30-6:30pm Yoga John	5:30-6:45pm Iyengar Yoga Pablo	5:30-6:30pm Shinden Kempo Charles		
	6:45-8:15pm Adult Hula Mary	6:30-7:30pm Zumba Charly	6:45-8:15pm Hip Hop Funk Kehau			

Class Descriptions

Yoga Basics: New to yoga? Want to hone your fundamentals? Yoga basics will ease you into the art of Yoga. Receive individualized attention to help you reach your goals. Discover how strength, flexibility, focus, and relaxation can be achieved through this universal practice.

Adult Hula: If you've always wanted to learn hula or if you are looking for an avenue to revisit those fun days of dancing, this is the class for you. Gain a full appreciation of Hawaii's most treasured art form through both meaning and movement. Learn at your own pace in our welcoming studio with intimate class sizes.

Hip Hop Funk: Experience a one-of-a-kind workout in a funky format that can only be found at Atherton. Warm-up, strengthening, and flexibility is followed by a new unique routine each week. Pick up new moves for the club scene. If you like to work hard and play hard, you'll love Hip Hop Funk!

Zumba: The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Iyengar Yoga: Iyengar is a form of yoga known for its use of props, such as belts and blocks, as aids in performing asanas (postures). It emphasizes the development of strength, stamina, flexibility and balance, as well as concentration (Dharana) and meditation (Dhyana).

Shinden Kenpo: A culmination of more than fifty years of training in Asian martial art forms and Western self defense. Blending styles of karate, kung fu and boxing, utilizing various blocking & striking techniques with all kicks directed to below the waist. Shinden Kenpo emphasizes speed and technique so is well suited to women and smaller individuals. Free for members, \$20/month for non-members.

All schedules are available online at: www.ymcahonolulu.org

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