

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 Kathy Lohman at klohman@ymcahonolulu.org or 951-1331. You can also visit our website at www.ymcahonolulu.org. *AOA— these classes are ideal for our members who are 55+*

AOA (Active Older Adults)

AOA Low Impact 1: for our members 55+- a half hour low intensity cardiovascular class with easy to follow choreography.

AOA Conditioning: for our members 55+- this class covers balance training, strength and flexibility using resist-a-ball, bands, and weights. Slightly more advance than Silver&Fit®.

Sit & Get Fit Yoga Stretch: Move your whole body through a series of seated and standing yoga postures designed to increase flexibility, balance and range of movement. Restorative breathing and relaxation exercises promote stress reduction and mental clarity. Chair is provided for stability while performing poses.

Silver&Fit®: Level 1- Specifically designed for non-active older adults with no prior experience with programs. **Level 2** -Designed for moderately active older adults. Both focus on increasing flexibility, joint stability, dynamic balance, coordination, muscular strength and cardiovascular endurance. Strengthening exercises using resistance bands & dumbbells are partnered with various cardio walks, and agility and reaction time exercises. Participants can start in a seated position and progress to standing if desired.

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 and noodles. T-shirt cover ups are acceptable. Aqua shoes/gloves are optional. Bring water bottles. **ALL levels. AOA**

CARDIO CLASSES

Boot Camp: A combination of kicking/punching drills, jump rope, football, basketball, track drills, core training, plyometrics and strengthening. Expect creative and intense exercises to thoroughly work your body in a simple to follow format. **Intermediate Level**

High/Low: A combination of impact and non impact aerobics, toning, and stretching, with modifications for beginners. Students learn correct technique and become familiar with basic moves. Changes will be made to accommodate needs/preferences of participants.

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: Level 1- Power movements and hot choreography to gear you up to the utmost in step training. **Level II-** faster paced classes with complex choreography.

Step Express: a half hour step workout.

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**

Zumba: Fusion of Latin dance (Salsa, Merengue, Cumbia, Tango) and aerobics. Great Fun!

INDOOR CYCLING (All classes ideal for ALL levels)

Indoor Cycling: Non-impact, high-energy cardio ride on stationary bikes, simulating a road bike workout to music. **Endurance Ride:** Steady state is the focus in this 40-60 minute class.

Interval Ride- Combination of Indoor & Endurance. **Combo Ride:** Hills, sprints, intervals.

MIND/BODY

Power Yoga: Wake up the body and mind using physically challenging flowing movements and breath work. Expect power moves, quicker transitions. **Intermediate Level**

Hatha Yoga: Focus on the breath for relaxation brings together the connection of the mind, body & spirit. Improve posture, alignment & balance. **All levels.**

Stretch, Strengthen & Balance: 3 A's of yoga-Attitude, alignment, action. Poses focus on stretching muscles and connective tissue, and building strength for a balance foundation.

Ashtanga based Vinyasa Flow: Synchronizing breath with a high energy flowing series of postures. **Intermediate level.**

Vinyasa Yoga: This unique, high energy, flowing yoga will link the breath with movement. Students will be introduced to the set sequence of postures that is performed at a reduced pace and stress level. **Intermediate Level**

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.

Tai Chi for Arthritis: Certified by Arthritis Foundation. Especially suitable for people with arthritis as well as entry level participants. Easy to learn exercises to help increase mobility, and has special healing and relaxation abilities. **AOA**

Taiji for Health & Wellness: An introduction to some general concepts and principles utilized in Taiji practice. Forms and workout regimens from Yang, Sun, and Chen styles will be presented.

SPECIALTY FORMATS

NIA: this interpretive dance cardio class combines yoga, martial arts, jazz, ballet, etc. into its unique and uplifting format. 15 minute late arrival allowed. **ALL levels**

Line Dancing: Come learn new and fun dances every week. It's a great way to just get moving! **ALL levels. AOA**

Muve: Structured improvisational dance; explore movement possibilities, loosen joints, bring muscles to life; let your body resonate to rhythms from around the world **All levels. AOA No experience required.**

STRENGTH/FUNCTIONAL TRAINING

BOSU Circuit: BOSU (Both Sides Up) balance trainer can be used with the platform side up or down for different exercise and fitness levels. Expect a total body workout through constant core stability and balance challenge. **ALL levels with modifications, as many moves are intermediate.**

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. **Sculpting** targets all major muscle groups using weights, bands, balls, etc.

GUT CUT: this abdominal training class focuses on the surface muscles using the step, fit ball and floor. Lower back exercises are also incorporated. **ALL levels.**

CLASS ETIQUETE

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.**
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.
5. Please do not enter the studio before the current class has finished.
6. Please wear fully covered athletic shoes and appropriate exercise attire.
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.



