

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

# Central

## MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 - 6:45 am Endurance Ride Pam Studio 1		5:45-6:45 am Indoor Cycling Pam Studio 1		5:45 - 6:45 am Interval Ride Pam Studio 1	
					7:30-9:00am Taiji Health/Wellness Jerry Studio 1
8:00 - 9:15 Low I I/Burn I Kathy Studio 2	8:00 - 9:25 am Step I/Adv Pilates Antonella Studio 1	8:00 - 9:15 am Low I I/Core Kathy Studio 2	8:00 - 9:25 am Step I/Adv Pilates Antonella Studio 1	8:00 - 9:15 Low I I/Bosu Kathy Studio 2	8:00 - 9:15 am Hi-Lo Janice Studio 2
9:00 - 10:00 am Tai-Chi for Arthritis Janice Studio 1		9:00 - 10:00 am Tai-Chi for Arthritis Janice Studio 1			8:30-9:30 Hatha Yoga May Gym
9:30-10:05am AOA Low I Kathy Studio 2	9:30 - 11:00 am Hatha Yoga Ancelyn Studio 2		9:30 - 11:00 am Hatha Yoga Ancelyn Studio 2	9:30-10:15am AOA Low I Kathy Studio 2	9:30 - 10:30 am Boot Camp Judi Studio 2
10:10-10:45am AOA Total Body Kathy Studio 2	10:30-11:30 am H2O Fit Kathy Pool	10:00- 10:45 am AOA MUVE Maggie Studio 1	10:30-11:30am H2O Fit Antonella Pool	<b>NEW</b> 10:10-10:45am AOA Total Body Kathy Studio 2	*1:30-2:45 pm Yth/Teen Ki-Akido Roy & Miles Studio 1
11:00 - 11:45 am Sit & Get Fit Yoga Stretch Abby Studio 1		11:15am-12:15pm SILVER & FIT® Level 2 Kathy Studio 1		10:45-11:45am SILVER & FIT® Level 2 Antonella Studio 1	*3:00-5:00 pm Adult Ki-Akido Roy & Miles Studio 1
	11:30am - 12:00pm Step Express Rosalie Studio 2		11:30am - 12:00pm Step Express Rosalie Studio 2		<b>SUNDAY SCHEDULE</b>
	12:00 - 1:00 pm Burn II Rosalie Studio 2	<b>NEW</b> 12:00-1:00 <b>NIA</b> Renee Studio 2	12:00 - 1:00 pm Burn II Rosalie Studio 2	12:00 - 1:00pm Beg Line Dancing May Studio 1	8:00-9:15 am Hi-Lo Janice Studio 2
				1:00 - 2:00PM Int/Adv Line Dance May Studio 1	9:15-10:45am Stretch,Strength,Bal Sungalina S-1
4:45 - 5:45 pm Step II Janie Studio 2	<b>NEW</b> 4:30-5:15pm <b>DRUMS ALIVE!!</b> Kathy Studio 1	4:45 - 5:45 pm Step II Janie Studio 2	4:45 - 5:25pm BOSU Circuit Al Studio 2	4:45 - 5:45 pm Step II/Burn I Janie Studio 2	For your safety do not enter a class if it is over 10 minutes of start time.
5:00-6:00p COMBO CYCLING Pam Studio 1	5:30 - 6:30 pm Turbo Kick™ May Studio 1	5:00-6:00 pm ZUMBA Pam Studio 1	5:30-6:30 pm PILATES May Studio 1		
5:45 - 6:00 pm Gut Cut Janie Studio 2	5:30 - 6:30 pm Burn II Al Studio 2	5:45 - 6:00 pm Gut Cut Janie Studio 2	5:30 - 6:30 pm Burn II Al Studio 2	5:45 - 6:00 pm Gut Cut Janie Studio 2	AOA CYCLING MIND/BODY
6:00 - 7:00 pm Hi-Lo Judi Studio 2	* 5:30-6:45 pm Tae Kwon Do 5-12yrs Scott Gym	6:00 - 7:00 pm Hi-Lo Judi Studio 2	* 5:30-6:45 pm Tae Kwon Do 5-12yrs Scott Gym		AQUA SENIOR CIRCUIT
<b>Change</b> 6:15 - 7:45pm Astanga Primary Marc Studio 1	6:45 - 7:45 pm NIA Renee/Randy St1	<b>Change</b> 6:10-7:25pm Vinyasa Marc Studio 1		6:00 - 7:30 pm Power Yoga Marc Studio 1	<b>MARTIAL ARTS</b>
	* 7:00-8:45 pm Tae Kwon Do 13 & up Scott Gym	* 7:30-9:00 pm Adult Ki-Akido Roy & Miles Studio 1	* 7:00-8:45 pm Tae Kwon Do 13 & up Scott Gym		Facility Hours: M-F 4:30am-10pm Sat 5:00am-6pm Sun 7:00am-5pm

Classes/ Instructors are subject to change

Please check bulletin boards daily for updates

\* Extra Fee for Martial Arts

401 Atkinson Dr, Honolulu, HI 96814

(808)941-3344 or visit [www.ymcahonolulu.org](http://www.ymcahonolulu.org)



