

YGROUP EXERCISE™

Kaimuki

We build strong kids, strong families, strong communities.

Feb-2010

as of 1/29/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00 am Zumba Gold Ciera			6:00-7:00 am Zumba Gold Ciera		
7:00-8:00 am H2O Nadine	7:00-8:00 am H2O Nadine	7:00-8:00 am H2O Clint	7:00-8:00 am H2O Clint	7:00-8:00 am H2O Clint	7:00-8:00 am H2O Elena
8:00-9:00 am Step I/II Antonella	8:00-9:00am Sculpting Kathryn	8:00-9:00 am Jazzercise (Circuit) Caroline	8:00-9:00 am Sculpting Caroline	8:00-9:00 am Step I/II Kathryn	8:00-9:00 am Jazzercise Caroline
8:00-9:00am H2O Chris	8:00-9:00 am H2O Sue/Ryan	8:00-9:00 am H2O Chris	8:00-9:00 am H2O Sue/Ryan	8:00-9:00am H2O Chris	9:30-11:00 am Judo
	9:10am-10am Aqua Tai Chi Clint		9:10am-10am Aqua Tai Chi Clint		11:30-12:30 pm 12:30-1:30pm Ballet
9:15 - 10:15 am Jazzercise Caroline	9:15 - 10:15 am Hatha Yoga Tish	9:15 - 10:15 am Jazzercise (Circuit) Caroline	9:15-10:30am Hatha Yoga Liz	9:15 - 10:15 am Jazzercise Caroline	2:00-3:15 pm Ash. Based Vinyasa Flow Marc
	10am-11am Aqua Arthritis Cara		10am - 11am Aqua Arthritis Cara		3:15-4:15 pm H2O Arthritis Debra
10:30-11:30am Arthritis Tai Chi Clint	10:30-11:30 am Silver and Fit Kazumi	10:30-11:30am Mixed Yoga Abby	10:30-11:30am Arthritis Tai Chi Clint	10:30-11:30am Mixed Yoga Abby	4:15-5:15 pm H2O Debra
	11:15 am-12:15 pm H2O Arthritis/Deep H2O Debra		11:15 am-12:15 pm Arthritis/ Deep Debra		3:30-4:30 pm Children's Aikido
11:45 am - 12:45pm Silver and Fit Clint	11:45am-12:45pm Zumba Kazumi			11:45 am - 12:45pm Silver and Fit Kazumi	
		1:00-2:30 pm Beginner's Qi Gong Limin		1:00-2:30 pm Beginner's Qi Gong Limin	SUNDAY SCHEDULE
2:00-3:15pm Hatha Yoga Maile	2:00-3:15pm Hatha Yoga Cherie	2:30-3:45pm Beginner's Tai Chi Limin	2:00-3:15pm Hatha Yoga Cherie	2:30-3:45pm Beginner's Tai Chi Limin	9:00-10:00am Tai Chi Limin
	4:00-5:00 pm Ballet Liane		4:00-5:00 pm Ballet Liane		10:00-11:30am Qi Gong Limin
5:15-6:15 pm Low Impact Caroline	5:30-7:00 pm Judo	5:15-6:15 pm Low Impact Anna	5:30-7:00 pm Judo	5:45-6:45pm Tai Chi Warren	3:00pm-6:00pm Family Swim
6:15-7:15 pm H2O FIT Debra		6:15-7:15 pm H2O FIT Debra		6:15-7:15 pm H2O FIT Debra	Visit our WEBSITE! at www.ymcahonolulu.org Info available for all branches
6:30-8:00 pm Karate		6:30-8:00 pm Karate			Please: FOR YOUR SAFETY Do not enter a class if over 10 minutes of the start time
	7:00-8:30 pm Aikido		7:00-8:30 pm Aikido		
Classes/ Instructors are subject to change			Please check bulletin boards daily for updates		
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