

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Kaimuki

Sep-2010

as of 9/1/10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00 am Zumba Gold <small>Ciera</small>		6:00-7:00 am Zumba Gold <small>Ciera</small>	6:00-7:00 am Zumba Gold <small>Ciera</small>		
7:00-8:00 am H2O <small>Nadine</small>	7:00-8:00 am H2O <small>Nadine</small>	7:00-8:00 am H2O <small>Clint</small>	7:00-8:00 am H2O <small>Clint</small>	7:00-8:00 am H2O <small>Ciera</small>	7:00-8:00 am H2O <small>Elena</small>
8:00-9:00 am Step II/III <small>Antonella</small>	8:00-9:00am Sculpting <small>Kathryn</small>	8:00-9:00 am Jazzercise (Circuit) <small>Caroline</small>	8:00-9:00 am Sculpting <small>Caroline</small>	8:00-9:00 am Step I <small>Kathryn</small>	8:00-9:00 am Jazzercise <small>Caroline</small>
8:00-9:00am H2O <small>Chris</small>	8:00-9:00 am H2O <small>Sue/Ryan</small>	8:00-9:00 am H2O <small>Chris</small>	8:00-9:00 am H2O <small>Sue/Ryan</small>	8:00-9:00am H2O <small>Chris</small>	9:30-11:00 am Judo
	9:10am-10am Aqua Tai Chi <small>Clint</small>		9:10am-10am Aqua Tai Chi <small>Clint</small>		11:30-12:30 pm 12:30-1:30pm Ballet
9:15 - 10:15 am Jazzercise <small>Caroline</small>	9:15 - 10:15 am Hatha Yoga <small>Tish</small>	9:15 - 10:15 am Jazzercise (Circuit) <small>Caroline</small>	9:15-10:15am Hatha Yoga <small>Liz</small>	9:15 - 10:15 am Jazzercise <small>Caroline</small>	
	10am-11am Senior Aqua <small>Ciera</small>		10am - 11am Senior Aqua <small>Ciera</small>		3:15-4:15 pm H2O Arthritis <small>Debra</small>
10:30-11:30am Arthritis Tai Chi <small>Clint</small>	10:30-11:30 am Silver and Fit <small>TBA</small>	10:30-11:30am Mixed Yoga <small>Abby</small>	10:30-11:30am Arthritis Tai Chi <small>Clint</small>	10:30-11:30am Mixed Yoga <small>Abby</small>	4:15-5:15 pm H2O <small>Debra</small>
	11:15 am-12:15 pm Sr. Aqua/Deep H2O <small>Debra</small>		11:15 am-12:15 pm Sr. Aqua/Deep H2O <small>Debra</small>		3:30-4:30 pm Children's Aikido
11:45 am - 12:45pm Silver and Fit <small>Clint</small>	11:45 am - 12:45 pm Zumba <small>TBA</small>			11:45 am - 12:45pm Silver and Fit <small>Marina</small>	
		1:00-2:30pm Beginner's Qi Gong <small>Limin</small>		1:00-2:30pm Beginner's Qi Gong <small>Limin</small>	SUNDAY SCHEDULE 9:00-10:00am Tai Chi <small>Limin</small>
2:00-3:15pm Hatha Yoga <small>Abby</small>	2:00-3:15pm Hatha Yoga <small>Cherie</small>	2:30-3:45pm Beginner's Tai Chi <small>Limin</small>	2:00-3:15pm Hatha Yoga <small>Cherie</small>	2:30-3:45pm Beginner's Tai Chi <small>Limin</small>	10:00-11:30am Qi Gong <small>Limin</small>
	4:00-5:00 pm Ballet <small>Liane</small>		4:00-5:00 pm Ballet <small>Liane</small>		3:00pm-6:00pm Family Swim
5:15-6:15 pm Low Impact <small>Caroline</small>	5:30-7:00 pm Judo	5:15-6:15 pm Low Impact <small>Anna</small>	5:30-7:00 pm Judo		Visit our WEBSITE! at www.ymahonolulu.org Info available for all branches
6:15-7:15 pm H2O FIT <small>Debra</small>		6:15-7:15 pm H2O FIT <small>Debra</small>		6:15-7:15 pm H2O FIT <small>Debra</small>	Please: FOR YOUR SAFETY Do not enter a class if over 10 minutes of the start time
6:30-8:00 pm Karate		6:30-8:00 pm Karate			
	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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