



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE FEBRUARY

KAIMUKI-WAIALAE YMCA

2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00am ZUMBA TBA			6:00-7:00am ZUMBA TBA	
7:00-8:00am H2O Nadine	7:00-8:00am H2O Nadine		7:00-8:00am H2O Keli		7:00-8:00am H2O Elena
8:00-9:00am STEP II/III Antonella		8:00-9:00am JAZZERCISE (Circuit) Caroline	8:00-9:00am BODY SCULPTING Caroline	8:00-9:00am STEP II/III Antonella	8:00-9:00am JAZZERCISE Caroline
8:00-9:00am H2O Chris	8:00-9:00am H2O Keli	8:00-9:00am H2O Chris		8:00-9:00am H2O Chris	9:30-11:00am JUDO
					11:30am-12:30pm 12:30-1:30pm BALLET
9:15-10:15am JAZZERCISE Caroline	9:15-10:15am HATHA YOGA Tish	9:15-10:15am JAZZERCISE (Circuit) Caroline	9:15-10:15am MIXED YOGA John	9:15-10:15am JAZZERCISE Caroline	
	10:00-11:00am H2O ARTHRITIS Debra		10:00-11:00am H2O ARTHRITIS Debra		3:15-4:15pm H2O ARTHRITIS Debra
			10:00-10:30am BEGINNING TAI CHI Todd		
10:30-11:30am ARTHRITIS TAI CHI Todd	10:30-11:30am SILVER & FIT Annie	10:30-11:30am MIXED YOGA TBA	10:30-11:30am ARTHRITIS TAI CHI Todd	10:30-11:30am MIXED YOGA TBA	4:15-5:15pm H2O Debra
	11:15am-12:15pm SHALL/DEEP H2O Debra		11:15am-12:15pm SHALL/DEEP H2O Debra		3:30-4:30pm CHILDREN AIKIDO
	11:45am-12:45pm ZUMBA Mike			11:45am-12:45pm SILVER & FIT Alicia	SUNDAY SCHEDULE 9:00-10:00am TAI CHI Limin
2:00-3:15pm MIXED YOGA John	2:00-3:15pm MIXED YOGA John	2:00-3:30pm TAI CHI Warren	2:00-3:15pm MIXED YOGA John		10:00-11:45am QI GONG Limin
		3:30-5:00pm QI GONG Limin		3:30-5:00pm TAI CHI Limin	3:15pm-6:00pm Family Swim
5:15-6:15pm Cardio Mix/Toning May	4:00-5:00pm BALLET	5:15-6:15pm Cardio Mix/Toning Dee	4:00-5:00pm BALLET	5:00-6:30pm QI GONG Limin	<i>*New to the schedule</i>
6:30-7:30pm ZUMBA Kristie	5:15-7:20pm JUDO	6:30-7:30pm ZUMBA Bernard	5:15-7:20pm JUDO		
6:15-7:15pm H2O Debra		6:15-7:15pm H2O Debra		6:15-7:15pm H2O Debra	
6:30-8:00pm KARATE	7:30-8:30pm AIKIDO	6:30-8:00pm KARATE	7:30-8:30pm AIKIDO		FOR YOUR SAFETY Please do not enter class if over 10 minutes of the start time
Classes and/or Instructors Subject to Change			Please Check Bulletin Boards DAILY for Updates		