

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Kalihi

October 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45 - 9:45 am Yoga-Lates Robyn Rm. 304	9:00 - 9:30 am Stretch w. Ball Robyn Rm. 304	8:45 - 9:30 am Yoga-Lates Robyn Rm. 304	9:00 - 9:30 am Stretch w. Ball Robyn Rm. 304	8:45 - 9:45 am Yoga-Lates Robyn Rm. 304	9:00 - 10:00 am ZUMBA Staff Rm. 304
9:45-10:45 Boot Camp Robyn Rm. 304	9:30 - 10:30 am Cardio Circuit Robyn Rm. 304	9:45-10:45 Boot Camp Robyn Rm. 304	9:30 - 10:30 am Cardio Circuit Robyn Rm. 304	9:45-10:45 Zumba Maile Rm. 304	
10:45 - 11:15 Butt & Gut Robyn Rm. 304	10:30 - 11:00 Gentle Toning Robyn Rm. 304	10:45 - 11:15 Butt & Gut Robyn Rm. 304	10:30 - 11:00 Gentle Toning Robyn Rm. 304	10:45 - 11:15 Butt & Gut Robyn Rm. 304	
					10am- 11am Boxing Troy Rm. 304
11:30 - 12:15 Silver 'n Fit Staff Rm. 304	11:00 - 12:00 Gentle Yoga Pam Rm. 304	11:30 - 12:15 Silver 'n Fit Staff Rm. 304	11:00 - 12:00 Gentle Yoga Pam Rm. 304	11:30 - 12:15 Silver 'n Fit Staff Rm. 304	11:00-12:30 Cardio Kickboxing Mineyo Rm. 304
	3:30- 4:30 pm Pilates Pua Rm. 304	3:45-4:45 pm Burn I Annie Rm. 304	3:30-4:00 pm Pilates Pua Rm. 304		
3:45-4:45 pm Burn I Annie Rm. 304		4:45 - 5:45 pm ZUMBA Betty Rm. 304	4:00- 4:30 pm Drums Alive Pua Rm. 304		
5:00-5:45 pm KickBox Circuit Alicia Rm. 304	4:30-5:30 pm Cardio Burn Pua Rm. 304	4:30 - 5:30 pm Adult Swim Erin KVDPool*	4:30-5:30 pm ZUMBA Pua Rm. 304		
6:00 - 7:00 pm Yoga Pam Rm. 304	5:30-6:00 pm Gut Cut Erin Rm. 304	5:30-6:30pm Tai Chi Limin Rm. 204	5:30-6:00 pm Gut Cut Erin Rm. 304		
7:00 - 8:30 pm Boxing Ralph Rm. 304	6:00 - 8:00 pm Judo David Rm. 204	6:00 - 7:30 pm Yoga Pam Rm. 304	6:00 - 8:00 pm Judo David Rm. 204		
	6:15 - 7:15 pm Turbo Kick Keiki Rm. 304	6:30-8:00 pm Qi Gong Limin Rm. 204	6:30 - 8:00 pm Beginning Boxing Troy Rm. 304		
Classes / Instructors are subject to change			Please check Rm.304 Door daily for updates		

Questions?
Comments?
Contact:
Robyn Wright
Group Exercise
Coordinator

MIND/BODY
AOA Classes
NEW Classes
AQUA Classes
* Held at Kalihi
Valley District Pool

Kalihi YMCA of Honolulu

1335 Kalihi Street
Honolulu, HI 96819
808.848.2494

<http://www.ymcahonolulu.org/>

Hours of Operation:

Monday - Friday 5 AM - 9 PM
Saturday 8 AM - 4 PM