

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

# Kalihi

## February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 - 10:00 am <b>Water Exercise</b> Dana KVDPool*			9:00 - 10:00 am <b>Water Exercise</b> Dana KVDPool*	
8:45 - 9:45 am <b>Yoga-Lates</b> Robyn Rm. 304	9:00 - 9:30 am <b>Stretch w. Ball</b> Robyn Rm. 304	8:45 - 9:30 am <b>Yoga-Lates</b> Robyn Rm. 304	9:00 - 9:30 am <b>Stretch w. Ball</b> Robyn Rm. 304	8:45 - 9:45 am <b>Yoga-Lates</b> Robyn Rm. 304	8:30 - 9:30 am <b>Zumba</b> Staff Rm. 304
9:45-10:45 <b>Boot Camp</b> Robyn Rm. 304	9:30 - 10:30 am <b>Cardio Circuit</b> Robyn Rm. 304	9:45-10:45 <b>Boot Camp</b> Robyn Rm. 304	9:30 - 10:30 am <b>Cardio Circuit</b> Robyn Rm. 304	9:45-10:45 <b>Zumba</b> Maile Rm. 304	9:00 - 11:00 am <b>Judo</b> David Rm. 204
10:45 - 11:15 <b>Butt &amp; Gut</b> Robyn Rm. 304	10:30 - 11:00 <b>Gentle Toning</b> Robyn Rm. 304		10:30 - 11:00 <b>Gentle Toning</b> Robyn Rm. 304	10:45 - 11:15 <b>Butt &amp; Gut</b> Robyn Rm. 304	
	10:30 - 11:00 am <b>Learn to Swim</b> Dana KVDPool*			10:30 - 11:00 am <b>Learn to Swim</b> Dana KVDPool*	10am- 11am <b>Boxing</b> Troy Rm. 304
11:30 - 12:15 <b>Silver 'n Fit</b> Staff Rm. 304	11:00 - 12:00 <b>Gentle Yoga</b> Pam Rm. 304	11:30 - 12:15 <b>Silver 'n Fit</b> Staff Rm. 304	11:00 - 12:00 <b>Gentle Yoga</b> Pam Rm. 304	11:30 - 12:15 <b>Silver 'n Fit</b> Staff Rm. 304	11:00-12:30 <b>Cardio Kickboxing</b> Mineyo Rm. 304
				3:30-4:30 pm <b>Pilates w/ Ball</b> Sundae Rm. 304	
3:45-4:45 pm <b>Burn I</b> Alicia Rm. 304	4:00 - 5:00 pm <b>Pilates</b> Rebecca Rm. 304	3:45-4:45 pm <b>Burn I</b> Annie Rm. 304			
4:45-5:45 pm <b>Cardio Circuit</b> Alicia Rm. 304	5:00 - 6:15 pm <b>Step n' Sculpt</b> Rebecca Rm. 304	4:45 - 5:45 pm <b>Zumba</b> Betty Rm. 304	4:30-5:30 pm <b>Zumba</b> Olivia Rm. 304	4:30-5:30 pm <b>Zumba</b> Sundae Rm. 304	
6:00 - 7:00 pm <b>Yoga</b> Pam Rm. 304	6:15 - 7:15 pm <b>Turbo Kick</b> Keiki Rm. 304	5:30-7:00pm <b>Tai Chi</b> Peter Rm. 204	5:30-6:30 pm <b>Cardio Mix</b> Rebecca Rm. 304		
	6:00 - 8:00 pm <b>Judo</b> David Rm. 204	6:00 - 7:30 pm <b>Yoga</b> Pam Rm. 304	6:00 - 8:00 pm <b>Judo</b> David Rm. 204		<b>MIND/BODY</b> <b>AOA Classes</b> <b>NEW Classes</b>
7:00 - 8:30 pm <b>Boxing</b> Ralph Rm. 304			6:30 - 8:00 pm <b>Beginning Boxing</b> Troy Rm. 304		<b>AQUA Classes</b> * Held at Kalihi Valley District Pool
Classes / Instructors are subject to change			Please check Rm.304 Door daily for updates		
<p><b>Kalihi YMCA of Honolulu</b> 1335 Kalihi Street Honolulu, HI 96819 808.848.2494 <a href="http://www.ymcahonolulu.org/">http://www.ymcahonolulu.org/</a></p> <p><b>Hours of Operation:</b> Monday - Friday 5 AM - 9 PM Saturday 8 AM - 4 PM</p>					