

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Kalihi

September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				7:00 - 9:00 am Tai Chi Tommy Rm. 204	
8:45 - 9:45 am Yoga-lates Robyn Rm. 304		8:45 - 9:45 am Yoga-lates Robyn Rm. 304		8:30 - 9:30 am Yoga Pam Rm. 304	
	9:00 - 10:00 am Water Exercise Dana KVDPool*			9:00 - 10:00 am Water Exercise Dana KVDPool*	
9:45-10:45 Zumba Robyn Rm. 304	9:00 - 9:30 am Stretch w. Ball Hayley Rm. 304	9:45-10:45 Zumba Annie Rm. 304	9:00 - 9:30 am Stretch w. Ball Robyn Rm. 304	9:45-10:45 Zumba Cierra Rm. 304	
	9:30 - 10:30 am Cardio Circuit Hayley Rm. 304		9:30 - 10:30 am Cardio Circuit Robyn Rm. 304		
	10:30 - 11:00 am Learn to Swim Dana KVDPool*			10:30 - 11:00 am Learn to Swim Dana KVDPool*	10:30 - 11:30 am Zumba Maile Rm. 304
11:00 - 11:45 Silver 'n Fit Robyn Rm. 304	11:00 - 12:00 Gentle Yoga Pam Rm. 304	11:00 - 11:45 Silver 'n Fit Annie Rm. 304	11:00 - 12:00 Gentle Yoga Pam Rm. 304	11:00 - 11:45 Silver 'n Fit Cierra Rm. 304	
					11:30-12:30 Boxing Troy Rm. 304
3:45-4:45 pm Burn I Annie Rm. 304	4:00 - 4:45 pm Pilates Hayley Rm. 304	3:45-4:45 pm Burn I Annie Rm. 304		3:30-4:30 pm Pilates w/ Ball Sundae Rm. 304	
4:45-5:45 Zumba Annie Rm. 304	4:45 - 5:30 pm Body Sculpting Hayley Rm. 304	4:45 - 5:45 pm Zumba Betty Rm. 304	4:30-5:20 pm Zumba Olivia Rm. 304	4:30-5:30 pm Zumba Sundae Rm. 304	
6:00 - 7:00 pm Yoga Pam Rm. 304	5:30-6:30 Zumba Ann/Meredith Rm. 204	6:00 - 7:30 pm Yoga Pam Rm. 304	5:30-6:30 pm Zumba Olivia Rm. 204		Martial Arts
7:00 - 8:30 pm Boxing Ralph Rm. 304	6:15 - 7:15 pm Turbo Kick Keiki Rm. 304		6:30 - 8:00 pm Beginning Boxing Troy Rm. 304		MIND/BODY
					AOA Classes
					Zumba
					AQUA Classes
					* Held at Kalihi
					Valley District Pool
					1911 Kam IV Road
					(Next to Police Station)

Classes / Instructors are subject to change

Please check Rm.304 Door daily for updates

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