



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE: FEBRUARY 2012

## KALIHI YMCA

ANNOUNCEMENTS:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>KALIHI YMCA SILVER &amp; FIT CLASS at THE BEACH FEBRUARY 17th Reserve a seat on Y-BUS, Order your Bento at Welcome Center by February 15th</p>			<b>**6:00-7:00</b> Advanced Tai Chi Ken Rm204		<b>**6:00-7:00</b> Advanced Tai Chi Ken Rm204		
			7:00-8:30 Tai Chi Ken Rm204		7:00-8:30 Tai Chi Ken Rm204	<b>8:00-10:00</b> Aikido 8:00 - Beginners 9:00 - Advanced Rodney Rm204	
	<b>8:30-9:30</b> Vinyasa Yoga Schön Rm304	<b>*8:30-9:30</b>	<b>8:30-9:30</b> Hatha Yoga Bob/SchönRm304	<b>9:00-9:45</b> Zumba Gold Annie Rm304	<b>8:30am-9:30am</b> Iyengar Yoga Pam Rm 304	<b>9:15-10:15</b> Zumba Bonnie/Mer Rm304	
	<b>9:45-10:45</b> Zumba Annie Rm304	<b>NIA</b> Randy Rm304	<b>9:30am-10:30</b> Zumba Lexie Rm304	<b>10:00-11:15</b> Cardio Circuit Annie Rm304	<b>* 9:45-10:45</b> Zumba Annie Rm 304	<b>10:30-11:25</b> Zumba Toning Maile Rm204	
			<b>10:30-11:00</b> Gentle Pilates Schön Rm304				
	<b>11:00 - 12:00</b> Silver 'n Fit Annie Rm304	<b>11:15-12:15</b> Gentle Yoga Pam Rm304	<b>11:00 - 12:00</b> Silver 'n Fit Schön Rm304	<b>11:15-12:15</b> Gentle Yoga Pam Rm304	<b>11:00 - 12:00</b> Silver 'n Fit Schön Rm304		
	<b>* New Class Time</b>						
	<b>** New Class</b>						
	<b>Facility Hours:</b> MONDAY - 5:00am-9:00pm	<b>12:00 - 1:00</b> Hula Aerobics Pamela Rm304	<b>** New Class</b> <b>12:30-1:00</b> Gentle Pilates Schön Rm304	<b>12:00 - 1:00</b> Hula Aerobics Pamela Rm304	<b>** New Class</b> <b>12:30-1:00</b> Gentle Pilates Schön Rm304	<b>12:00 - 1:00</b> Hula Aerobics Pamela Rm304	<b>11:35 - 12:35</b> Gentle Stretch Maile Rm304
	<b>FRIDAY-</b> 5:00am-7:30pm	<b>**12:00-1:00</b> Zumba Gold Annie Rm204					
<b>Saturday:</b>					<b>3:30-4:30</b> Gentle Pilates Sundae Rm304		
<b>Sunday: Closed</b>	<b>3:45-4:45</b> Total Body Stephanie Rm304	<b>4:30-5:30</b> Back Care Yoga Schön Rm304	<b>3:45-4:45</b> Total Body Stephanie Rm304	<b>4:30-5:30</b> Yin Yoga Schön Rm304	<b>4:30-5:30</b> Zumba Sundae Rm304	<b>Child Watch</b> Two Hours Available 2 hrs per day Free to Members	
	<b>4:45-5:45</b> Zumba Bonnie Rm304		<b>4:45-5:45</b> Zumba Betty/Olivia Rm304				
<b>CLASS COLOR CODES</b>	<b>5:30-6:30</b> Hula Aerobics Pamela Rm204	<b>5:30-6:30</b> Zumba Annie Rm304	<b>5:30-6:30</b> Hula Aerobics Pamela Rm204	<b>5:30-6:30</b> Zumba Melba/Olivia Rm304	<b>5:45-6:45</b> Zumba Bonnie Rm304	<b>Reservations for Child Watch can be made at Welcome Center</b>	
<b>Martial Arts</b>							
<b>MIND/BODY</b>							
<b>Zumba</b>							
<b>Silver &amp; Gold</b>	<b>6:00-7:00</b> Iyengar Yoga Pam Rm304		<b>6:00-7:30</b> Iyengar Yoga 90 minute Class Pam Rm304	<b>**6:30-7:30</b> Turbokick Melba Rm304			
<b>Cardio</b>		<b>6:45-7:45</b> Cardio Circuit Chaz Rm304		<b>7:00-8:30</b> Boxing Troy Rm306			
<b>Questions or Concerns?</b> Please contact: Schön Harunaga, Associate Healthy Lifestyles Director or	<b>7:00-8:30</b> Boxing Ralph Rm304						
Steve Kranz, Membership & Healthy Lifestyles Director	<b>CLASSES &amp; INSTRUCTORS ARE SUBJECT TO CHANGE.</b> <b>PLEASE CHECK LOBBY BULITEN BOARD FOR DAILY UPDATES.</b>  NO KEIKI UNDER THE AGE OF 13 UNLESS OTHERWISE NOTED IN CLASS DESCRIPTION  <b>CHECK WEBSITE FOR ALL BRANCH SCHEDULES: <a href="http://WWW.YMCAHONOLULU.ORG">WWW.YMCAHONOLULU.ORG</a></b>						
<b>KALIHI YMCA</b> 1335 Kalihi Street Phone: 808-848-2494							