



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE NOVEMBER

LEEWARD YMCA

| Announcements   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|---|---|---|---|---|---|
| It's a brand new day!<br>We hope you like our new look.                 | 8:00-8:50 am<br>Silver & Fit II<br>Terry                      | 8:00 - 8:45 am<br>Stretch & Relax<br>Chelsea (Gr. Ex Rm2)     | 8:00-8:50 am<br>Total Body Cond.<br>Terry                     | 8:00 - 8:45am<br>Stretch & Relax<br>Chelsea (Gr. Ex Rm2)      | 8:00-8:50 am<br>Silver & Fit II<br>Terry  | 8:00-9:00 am<br>H2O<br>Chelsea                      |
|   | 8:00-9:00 am<br>Vinyasa Yoga<br>April (Gr.Ex Rm 2)            | 8:00-9:00 am<br>H2O<br>Madalene                               | 8:00-9:00 am<br>Vinyasa Yoga<br>April (Gr.Ex Rm 2)            | 8:00-9:00 am<br>Aqua Zumba<br>Madalene                        | 8:00-9:00 am<br>Turbokick Intro<br>Shawn (Gr.Ex Rm 2)   | 8:15 - 9:15 am<br>ZUMBA<br>Madalene                 |
| Keep an eye out for more exciting news about our revitalized direction. | 9:00-10:00 am<br>H2O<br>Cheryl                                | 8:30-9:45 am<br>Hi-Lo<br>Art (Gr Ex 1)                        | 9:00-10:00 am<br>H2O<br>Jocelyn                               | 8:30-9:45 am<br>Hi-Lo<br>Art (Gr Ex 1)                        | 9:00-10:00 am<br>H2O<br>Joanna  | 9:00 - 11:00 am<br>Taekwondo<br>Dyon<br>Gr. Ex rm 2 |
|   | 9:00 - 10:00 am<br>Cardio Challenge<br>Staff                  | 9:00 - 10:30 am<br>Tai Chi<br>Ileina                          | 9:00-10:00<br>ZUMBA<br>Diana                                  | 9:00 - 10:30 am<br>Tai Chi<br>Ileina                          | 9:00 - 10:00 am<br>Hip Hop<br>Peri  | 9:15-10:15 am<br>Turbokick<br>Staff                 |
| <b>Holidays</b><br>No classes<br>(Thanksgiving Nov 24th)                | 9:00-9:45am<br>ZUMBA GOLD<br>Peri (Gr.Ex Rm 2)                | 10:00 - 11:00 am<br>Step Interval<br>Madalene                 | 10:15-11:00 am<br>ZUMBA GOLD<br>Terry                         | 10:00 - 11:00 am<br>Step Interval<br>Madalene                 | 9:00-10:00 am<br>Vinyasa Yoga<br>April (Gr.Ex Rm 2)   |   |
|   | 10:00 - 11:00 am<br>Dance core<br>Peri (Gr Ex Rm 2)           | 11:00-12:00 am<br>Pilates<br>Kari                             | 10:00 - 11:00 am<br>Dance core<br>Peri (Gr Ex Rm 2)           | 11:00-12:00 am<br>Pilates<br>Kari                             | 10:00 - 11:00 am<br>Dance core<br>Peri (Gr Ex Rm 2)   |   |
| Modified Classes<br>(Nov 25th)  | 10:30-11:30 am<br>Gentle H2O<br>Joanna                        | 11:15am - 12:00 pm<br>Circuit Training<br>Madalene            | 11:15am-12:15pm<br>Athletic H2O<br>Cheryl                     | 11:15am - 12:00 pm<br>Circuit Training<br>Madalene            |   |   |
|   | 4:00-5:00<br>Fitness Hula<br>Gr. Ex 1<br>Terry                | 4:00-5:00 pm<br>Total Body Cond.<br>Gr. Ex 2<br>Terry         | 4:00 - 500 pm<br>Zumba<br>Gr. Ex 1<br>Kekua                   | 4:00-5:00 pm<br>Total Body Cond.<br>Gr. Ex 2<br>Terry         |   |   |
|   | 4:00-5:00 pm<br>Circuit Training<br>Healthy Start Rm<br>Staff | 4:00-5:00 pm<br>Circuit Training<br>Healthy Start Rm<br>Staff | 4:00-5:00 pm<br>Circuit Training<br>Healthy Start Rm<br>Terry | 4:00-5:00 pm<br>Circuit Training<br>Healthy Start Rm<br>Staff | 4:00-5:00 pm<br>Circuit Training<br>Healthy Start Rm<br>Terry   |   |
|   |   | 4:00-5:00 pm<br>Taekwondo Beg<br>Dyon/ Gr. Ex 1               |   | 4:00-5:00 pm<br>Taekwondo Beg<br>Dyon/ Gr. Ex 1               | 4:00-5:00 pm<br>Ashtanga<br>Suzana  |   |
|   | 5:00-6:00 pm<br>H2O<br>JoAnn                                  | 5:00-6:00 pm<br>Taekwondo Adv<br>Dyon/ Gr. Ex 1               | 5:00-6:00 pm<br>H2O<br>Chelsea                                | 4:00-6:00 pm<br>Taekwondo Adv<br>Dyon/ Gr. Ex 1               | 5:00-6:00 pm<br>H2O<br>JoAnn  |   |
|   | 5:30-6:30 pm<br>Step-TBC<br>Jo                                | 5:00-6:00pm<br>Ashtanga<br>Suzana                             | 5:00-6:00 pm<br>Resistance Training<br>Terry                  | 5:00-6:00pm<br>Pilates<br>Madalene                            | 5:30-6:45 pm<br>BootCamp<br>Jo  |   |
|   | 5:30-6:30 pm<br>PiYo<br>Kekua                                 | 5:30-6:30<br>Aqua Zumba<br>Jocelyn                            | 5:30 - 6:30 pm<br>PiYo<br>Kekua                               | 5:30-6:30 pm<br>H2O<br>Joanna                                 | 5:30-6:30pm<br>Yoga<br>April  |   |
|   | 6:30- 7:30 pm<br>ZUMBA<br>Madalene                            | 6:00-7:00 pm<br>Turbokick<br>Madalene                         | 6:00-7:00 pm<br>Dance Core<br>Peri                            | 6:00-7:00 pm<br>Turbokick<br>Madalene                         | <b>Reservations required for circuit and cycling</b><br>Cards are given 15 min before class at the welcome center.<br><br><b>NO GUESTS during peak hours</b><br><br><b>NO CHILDREN under the age of 13 unless otherwise noted in the class description.</b> |   |
|   | 7:30- 8:00 pm<br>Zumba Toning<br>Madalene                     | 6:00-7:00 pm<br>Cycling<br>Crystel                            | 7:00 to 8:00pm<br>ZUMBA<br>NJ                                 | 6:00- 7:00 pm<br>Cycling<br>Beverly                           |   |   |
|   |   | Cardio Interval<br>7:00-8:00pm<br>Beverly                     |   | 7:00 -8:00 pm<br>ZUMBA/ ZToning<br>Jocelyn                    |   |   |

