


# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

# Leeward

## February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50 am Silver & Fit II Terry	8:00 - 8:45 am Stretch & Relax Ann (Gr. Ex Rm 2)	8:00-8:50 am Total Body Cond. Terry	8:00 - 8:45am Stretch & Relax Ann (Gr. Ex Rm 2)	8:00-8:50 am Silver & Fit II Terry	8:00-9:00 am H2O Madalene/Chelsea
8:00-9:00 am Vinyasa Yoga Alice (Gr.Ex Rm 2)	8:00-9:00 am H2O Madalene	8:00-9:00 am Vinyasa Yoga Alice (Gr.Ex Rm 2)	8:00-9:00 am H2O Madalene	8:00-9:00 am Turbokick Intro Shawn (Gr.Ex Rm 2)	8:15 - 9:15 am Zumba Staff
9:00-10:00 am H2O Sheri	8:30-9:45 am Hi-Lo Art (Gr Ex 1)	9:00-10:00 am H2O Jocelyn	8:30-9:45 am Hi-Lo Art (Gr Ex 1)	9:00-10:00 am H2O Sheri	9:00 - 11:00 am Taekwondo Dyon Gr. Ex rm 2
9:00 - 10:00 am Salsaerobics Renna	9:00 - 10:30 am Tai Chi Ileina	9:00-10:00 ZUMBA 10:00-10:45 ZGOLD Diana/Terry	9:00 - 10:30 am Tai Chi Ileina	9:00 - 10:00 am Salsaerobics Renna	9:15-10:15 am Turbokick Kristen
10:00 - 11:00 am Dance core Peri (Gr.Ex Rm 2)	10:00 - 11:00 am Step Interval Madalene	10:00 - 11:00 am Dance core Peri (Gr Ex Rm 2)	10:00 - 11:00 am Step Interval Madalene	10:00 -11:00 am Dance Core Peri (Gr Ex Rm 2)	10:30 AM Circuit Training Kristen
	11:15am - 12:00 pm Circuit Training Madalene		11:15am - 12:00 pm Circuit Training Madalene		
4:00-5:00 Fitness Hula Terry		4:00-5:00 Salsaerobics Renna		4:00-5:00 Turbokick Madalene	
4:00-5:00 pm Circuit Training Healthy Start Rm Jason	4:00-5:00 pm Circuit Training Healthy Start Rm Geraine	4:00-5:00 pm Circuit Training Healthy Start Rm Terry	4:00-5:00 pm Circuit Training Healthy Start Rm Geraine	4:00-5:00 pm Circuit Training Healthy Start Rm Terry	
4:00-4:45 pm Parent/ Toddler Kids Dance Kristen	4:00-5:00 pm Total Body Cond. Gr. Ex 2 Tery	4:00-4:45 pm Kids Dance Kristen ages 3 to 5	4:00-5:00 pm Total Body Cond. Gr. Ex 2 Terry		
4:45-5:30 pm Kids Dance ages 6 and up	4:00-6:00 pm Taekwondo Dyon/ Gr. Ex 1	4:45-5:30 pm Kids Dance ages 6 and up	4:00-6:00 pm Taekwondo Dyon/ Gr. Ex 1		
5:00-6:00 pm H2O Sheri	5:00-6:00pm Ashtanga Yoga Chonda	5:00-6:00 pm H2O Chelsea	5:00-6:00 pm Ashtanga Yoga Chonda	5:00-6:00 pm H2O Sheri	
5:30-6:30 pm Step-TBC Jo	5:30-6:30 pm H2O Kazumi	5:00-6:00 pm Resistance Training Renna	5:30-6:30 pm H2O Sheri	5:30-6:45 pm Step TBC/Abs Jo	
5:30-6:30 pm Piyo Megan	6:00-7:00 pm Turbokick Megan	5:30 - 6:30 pm PiYo Megan	6:00-7:00 pm Turbokick Kazumi	5:30 - 7:00 Ashtanga Yoga II Chonda	
limited space 6:30- 7:30 pm ZUMBA Madalene	6:15-7:00 pm Cycling Madalene	limited space 6:00-7:00 pm Salsaerobics Renna	6:15-7:00 pm Cycling Beverly		
	7:15-8:00 pm Warrior Fitness Jason		7:15-8:00 pm Warrior Fitness Jason	Reservation required for circuit Reservation required for cycling Cards given 15 min before class at the front desk	
	7:00 -8:00 pm Cardio Interval Beverly	7:00 to 8:00pm Zumba Jocelyn	7:00 -8:00 pm Cardio Interval Betty		

**Participation is limited to room capacity**  
**Group ex studio #1 - 80 max. Group ex studio#2 - 40 max**  
**Priority is given to members before guests. Mahalo!**