

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Leeward

September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:50 am Silver & Fit II Terry	8:00 - 8:45 am Stretch & Relax Chelsea (Gr. Ex Rm2)	8:00-8:50 am Total Body Cond. Terry	8:00 - 8:45am Stretch & Relax Chelsea (Gr. Ex Rm2)	8:00-8:50 am Silver & Fit II Terry	8:00-9:00 am H2O 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 Aqua Zumba Madalene	8:00-9:00 am Turbokick Intro Shawn (Gr.Ex Rm 2)	8:15 - 9:15 am ZUMBA Madalene
9:00-10:00 am H2O Cheryl	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 Joanna	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 Diana	9:00 - 10:30 am Tai Chi Ileina	9:00 - 10:00 am Salsaerobics Renna	9:15-10:15 am Turbokick Shawn
9:00-9:45am ZUMBA GOLD Peri (Gr.Ex Rm 2)	10:00 - 11:00 am Step Interval Madalene	10:15-11:00 am ZUMBA GOLD Terry	10:00 - 11:00 am Step Interval Madalene	9:00-10:00 am Vinyasa Yoga Alice (Gr.Ex Rm 2)	
10:00 - 11:00 am Dance core Peri (Gr Ex Rm 2)	11:00-12:00 am Pilates Kari	10:00 - 11:00 am Dance core Peri (Gr Ex Rm 2)	11:00-12:00 am Pilates Kari	10:00 - 11:00 am Dance core Peri (Gr Ex Rm 2)	
10:30-11:30 am Gentle H2O Joanna	11:15am - 12:00 pm Circuit Training Madalene	11:15am-12:15pm Athletic H2O Cheryl	11:15am - 12:00 pm Circuit Training Madalene		
4:00-5:00 Fitness Hula Gr. Ex 1 Terry	4:00-5:00 pm Total Body Cond. Gr. Ex 2 Terry	4:00 - 500 pm Salsaerobics Gr. Ex 1 Renna	4:00-5:00 pm Total Body Cond. Gr. Ex 2 Terry		
4:00-5:00 pm Circuit Training Healthy Start Rm Jason	4:00-5:00 pm Circuit Training Healthy Start Rm Jason	4:00-5:00 pm Circuit Training Healthy Start Rm Terry	4:00-5:00 pm Circuit Training Healthy Start Rm Jason	4:00-5:00 pm Circuit Training Healthy Start Rm Terry	
*4:00-4:45 pm Parent Tod Dance Ends 9/6 ages 2 to 5	4:00-5:00 pm Taekwondo Beg Dyon/ Gr. Ex 1	*4:00-4:45 pm Kids Dance Ends 9/8 ages 3 to 5	4:00-5:00 pm Taekwondo Beg Dyon/ Gr. Ex 1		* The last day of Kids Dance classes will be September 8th. We will be starting new dance classes starting September 13th. See the welcome center for more details and to sign up.
*4:45-5:30 pm Kids Dance ages 6 and up	5:00-6:00 pm Taekwondo Adv Dyon/ Gr. Ex 1	*4:45-5:30 pm Kids Dance ages 6 and up	4:00-6:00 pm Taekwondo Adv Dyon/ Gr. Ex 1		
5:00-6:00 pm H2O JoAnn	5:00-6:00pm Ashtanga Suzana	5:00-6:00 pm H2O Chelsea	5:00-6:00pm Pilates Madalene	5:00-6:00 pm H2O JoAnn	
5:30-6:30 pm Step-TBC Jo	5:30-6:30 Aqua Zumba Jocelyn	5:00-6:00 pm Resistance Training Renna	5:30-6:30 pm H2O Joanna	5:30-6:45 pm BootCamp Jo	
5:30-6:30 pm PiYo Kekua	6:00-7:00 pm Turbokick Madalene	5:30 - 6:30 pm PiYo Kekua	6:00-7:00 pm Turbokick Madalene	5:30-6:30pm Yoga April	
6:30- 7:30 pm ZUMBA Madalene	6:00-7:00 pm Cycling Crystel	6:00-7:00 pm Salsaerobics Renna	6:00- 7:00 pm Cycling Beverly	Reservations required for circuit, cycling and warrior fitness classes. Cards are given 15 min before class at the welcome center.	
7:30- 8:00 pm Zumba Toning Madalene	7:15- 8:00 Warrior Fitness Jason		7:15- 8:00 Warrior Fitness Jason	NO GUESTS during peak hours	
	7:00 -8:00 pm Cardio Interval Beverly	7:00 to 8:00pm ZUMBA NJ	7:00 -8:00 pm ZUMBA/ ZToning Jocelyn	NO CHILDREN under the age of 13 unless otherwise noted in the class description.	