



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE FEBRUARY

LEEWARD YMCA

Announcements	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
February 15th 11am Bingo		7:00-8:00 Tai Chi Glenn (2)		7:00-8:00 Tai Chi Glenn (2)		
	8:00-8:50 am Silver & Fit II Terry (1)	8:00 - 9:00 am Stretch & Relax Kristen (2)	8:00-9:00 am Total Body Cond. Terry (1)	8:00 - 9:00am Stretch & Relax Kirsten (2)	8:00-8:50 am Silver & Fit II Jocelyn (1)	8:00-9:00 am Aqua Zumba Jocelyn/Terry (P)
	8:00-9:00 am Vinyasa Yoga Kristen (2)	8:00-9:00 am H2O Jocelyn (P)	8:00-9:00 am Vinyasa Yoga Kristen (2)	8:30-9:30 am Aqua Zumba Madalene (P)	8:00-9:00 am Turbokick Intro Shawn (2)	8:15 - 9:15 am ZUMBA Staff (1)
	9:00-10:00 am H2O Cheryl (P)	8:30-9:45 am Hi-Lo Art (1)	9:00-10:00 am H2O Jocelyn (P)	8:30-9:45 am Hi-Lo Art (1)	9:00-10:00 am H2O Jocelyn (P)	9:00 - 10:00 am Taekwondo Beg Dyon (2)
	9:00 - 10:00 am R.I.P.P.E.D Terry (1)	9:00 - 10:30 am Tai Chi Ileina (2)	9:00-10:00 ZUMBA Terry (1)	9:00 - 10:30 am Tai Chi Ileina (2)	9:00 - 10:00 am Hip Hop Christianne (1)	10:00 - 11:00 am Taekwondo Adv Dyon (2)
	9:00-9:45am ZUMBA GOLD Peri (2)	10:00 - 11:00 am Total Body Cond. Carrie (1)	10:15-11:00 am ZUMBA GOLD Terry (1)	10:00 - 11:00 am BootCamp Cheryl (1)	9:00-10:00 am Vinyasa Yoga Kristen (2)	9:15-10:15 am Turbokick Kekoa (1)
	10:00 - 11:00 am Dance Core Peri (2)	11:00-12:00 am Pilates Lynn (1)	10:00 - 11:00 am Dance Core Peri (2)	11:00-12:00 am Pilates Kari (2)	10:00 - 11:00 am Dance Core Peri (2)	
		11:00a - 12:00 p Circuit Training Jenny (HS)	11:00a - 12:00 p Step Interval Camille (1)	11:00a - 12:00 p Circuit Training Jenny (HS)	10:00-11:00am Athletic H2O Cheryl (P)	
		4:00-5:00 pm R.I.P.P.E.D Terry (2)	4:00 - 500 pm Zumba Kekua (1)	4:00-5:00 pm Total Body Cond. Terry (2)		
	4:00-5:00 pm Circuit Training Jocelyn (HS)	4:00-5:00 pm Circuit Training Jo (HS)	4:00-5:00 pm Circuit Training Terry (HS)	4:00-5:00 pm Circuit Training Jo (HS)	4:00-5:00 pm Circuit Training Jocelyn (HS)	
		4:00-4:45pm Taekwondo Beg Dyon (1)		4:00-4:45pm Taekwondo Beg Dyon (1)	4:00-5:30 pm Ashtanga John (2)	
	5:00-6:00 pm H2O Jonathon (P)	4:45-6:00 pm Taekwondo Adv Dyon (1)	5:00-6:00 pm H2O Jonathon (P)	4:45-6:00 pm Taekwondo Adv Dyon (1)	5:00-6:00 pm H2O Jonathon (P)	
	5:30-6:30 pm Step-TBC Jo (1)	5:00-6:00pm Ashtanga Suzana (2)	5:00-6:00 pm Resistance Training Terry (1)	5:00-6:00pm PiYo Cheryl (2)	5:30-6:45 pm BootCamp Jo (1)	
	5:30-6:30 pm PiYo Kekua (2)	5:30-6:30 Aqua Zumba Jocelyn (P)	5:30 - 6:30 pm PiYo Kekua (2)	5:30-6:30 pm H2O Jocelyn (P)	5:30-6:30pm Yoga John (2)	
	6:30- 7:30 pm ZUMBA Kekua (1)	6:00-7:00 pm Turbokick Leilani (1)	6:00-7:00 pm Turbokick Leilani (1)	6:00-7:00 pm R.I.P.P.E.D Jo (1)	Reservations required for: circuit, cycling & 7pm Total Body Cond. Cards are given 15 min before class at the welcome center. NO GUESTS during peak hours NO CHILDREN under the age of 13 unless otherwise noted in the class description.	
	7:30- 8:00 pm Zumba Toning Kekua (1)	6:00-6:45 pm Cycling Terry (2)	7:00 to 8:00pm ZUMBA Christianne (1)	6:00- 7:00 pm Cycling Derek (2)		
	6:30-7:30 Total Body Cond. Kimo (2)	Cycle & Sculpt 7:00-8:00pm Camille (1)	6:30-7:30 Total Body Cond. Kimo (2)	7:00 -8:00 pm Zumba Toning Kekua (1)		

1: Large Studio
 2: Small Studio
 HS: Healthy Start Rm
 P: Pool