

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45 - 9:45 am Yoga-Lates Gina Rm. 304		8:45 - 9:45 am Yoga-Lates Gina Rm. 304		8:45 - 9:45 am Yoga-Lates Gina Rm. 304	
	9:00 - 10:00 am Water Exercise Dana KVDPool*			9:00 - 10:00 am Water Exercise Dana KVDPool*	
9:45-10:45 Boot Camp Haley Rm. 304	9:00 - 9:30 am Stretch w. Ball Gen Rm. 304	9:45-10:45 Boot Camp Gen Rm. 304	9:00 - 9:30 am Stretch w. Ball Haley Rm. 304	9:45-10:45 Zumba Maile Rm. 304	
	9:30 - 10:30 am Cardio Circuit Gen Rm. 304		9:30 - 10:30 am Cardio Circuit Haley Rm. 304		
	10:30 - 11:00 am Learn to Swim Dana KVDPool*			10:30 - 11:00 am Learn to Swim Dana KVDPool*	10:30 - 11:30 am Zumba Maile Rm. 304
11:00 - 11:45 Silver 'n Fit Annie Rm. 304	11:00 - 12:00 Gentle Yoga Pam Rm. 304	11:00 - 11:45 Silver 'n Fit Annie Rm. 304	11:00 - 12:00 Gentle Yoga Pam Rm. 304	11:00 - 11:45 Silver 'n Fit Ciera Rm. 304	
					11:30-12:30 Boxing Troy Rm. 304
				3:30-4:30 pm Pilates w/ Ball Sundae Rm. 304	
3:45-4:45 pm Burn I Alicia Rm. 304	4:00 - 5:00 pm Pilates Rebecca Rm. 304	3:45-4:45 pm Burn I Annie Rm. 304			
4:45-5:45 pm Cardio Circuit Alicia Rm. 304	5:00 - 6:15 pm Step n' Sculpt Rebecca Rm. 304	4:45 - 5:45 pm Zumba Betty Rm. 304	4:30-5:30 pm Zumba Olivia Rm. 304	4:30-5:30 pm Zumba Sundae Rm. 304	
6:00 - 7:00 pm Yoga Pam Rm. 304	6:15 - 7:15 pm Turbo Kick Keiki Rm. 304	6:00 - 7:30 pm Yoga Pam Rm. 304	5:30-6:30 pm Cardio Mix Rebecca Rm. 304		
7:00 - 8:30 pm Boxing Ralph Rm. 304			6:30 - 8:00 pm Beginning Boxing Troy Rm. 304		MIND/BODY AOA Classes NEW Classes AQUA Classes * Held at Kalihi Valley District Pool
Classes / Instructors are subject to change			Please check Rm.304 Door daily for updates		

### Kalihi YMCA of Honolulu

1335 Kalihi Street  
Honolulu, HI 96819  
808.848.2494

<http://www.ymahonolulu.org/>

#### Hours of Operation:

Monday - Friday 5 AM - 9 PM  
Saturday 8 AM - 4 PM