

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

# Mililani

## February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday	SATURDAY
	7:00- 8:00 am <b>*Walk for Life</b> Linda Off-site		7:00-8:00 am <b>*Walk for Life</b> Linda Off-site	7:15-8:00 am <b>Zumba Gold</b> Genie MPR	
8:15-9:15 am <b>Cardio Strength Burn I</b> Kim MPR	8:10-9:10 am <b>Silver &amp; Fit Fitness Training</b> Marilyn MPR	7:45-8:45 am <b>Hi/Low Aerobics</b> Marilyn MPR	8:10-9:10 am <b>Silver &amp; Fit Fitness Training</b> Linda MPR	8:15-9:15 am <b>Step Interval</b> Kim MPR	8:00-9:00 am <b>Zumba</b> Shinobu MPR
8:15-9:15 am <b>H2O</b> Chelsea Pool	8:15-9:15 am <b>H2O Fit</b> Chelsea Pool	8:15-9:15 am <b>H2O</b> Jenny Pool	8:15-9:15 am <b>H2O Fit</b> Jennifer Pool	8:15-9:15 am <b>H2O</b> Chelsea Pool	Camp Erdman Fitness & Fun Sat. 2/20 only 7:30am-12 Sign up @ office.
		8:45-9:30am <b>Zumba Gold</b> Genie MPR			
9:20-10:20 am <b>Tai Chi</b> Shinobu MPR	9:20-10:20 am <b>Pilates I/II</b> Ida MPR	9:30-10:30 am <b>Hatha Yoga</b> Deborah MPR	9:20-10:20 am <b>Pilates I/II</b> Ida MPR	9:20-10:20 am <b>Tai Chi Yoga Flow</b> Shinobu MPR	
4:30-5:30 pm <b>Zumba</b> Shinobu MPR	 <b>New Format!</b>		4:30-5:30 pm <b>Zumba</b> Zeny MPR		
5:30 - 6:30 pm <b>Total Body Conditioning</b> Valerie MPR	5:30-6:30 pm <b>Step 'N Pump</b> Jennifer MPR	5:30-6:30 pm <b>BOSU Circuit</b> Jenny MPR	5:30-6:30 pm <b>Kickboxing</b> Kim MPR	5:30-6:00 pm <b>The Edge</b> Shawn Lockers	*****Specialty Classes***** <b>Yoga Under the Stars</b> Friday Feb. 5 & 19 Only 7-8pm Chelsea field
5:30-6:00 pm <b>The Edge</b> Jenny MPR	6:00-6:30 pm <b>The Edge</b> Shawn Lockers		6:00-6:30 pm <b>The Edge</b> Shawn Lockers	6:00-6:30 pm <b>H.I.T. Water</b> Jenny Pool	
6:30- 7:30 pm <b>H2O Fit</b> Chelsea Pool		6:30- 7:30 pm <b>H2O Fit</b> Jenny Pool		6:30-7:30 pm <b>H2O Fit</b> Jenny Pool	<b>SUNDAY</b>
6:45-7:45 pm <b>Hatha Yoga</b> Zeny MPR	6:45-7:30 pm <b>Cardio Blast</b> Jenny Cardio Ctr.	7:00-8:00 pm <b>Hatha Yoga</b> Chelsea MPR	6:45-7:30 pm <b>Cardio Blast</b> Jenny Cardio Ctr.		
				Color Key MIND/BODY AQUA Classes AOA Classes Sports Conditioning	For your safety, please <b>DO NOT ENTER</b> classes after 10 minutes. If a class has less than 8 participants on a regular basis, the class can be either cancelled or changed without notice.

Classes/ Instructors are subject to change Please check bulletin boards daily for updates.

95-1190 Hikikaulia St. Mililani, HI 96789  
(808) 625-1040

[www.ymcahonolulu.org](http://www.ymcahonolulu.org)

