

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Mililani

March 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
	7:00- 8:00 am *Walk for Life Linda Off-site		7:00-8:00 am *Walk for Life Linda Off-site	7:15-8:00 am Zumba Gold Genie MPR
8:15-9:15 am Cardio Strength Burn I Kim MPR	8:10-9:10 am Silver & Fit Fitness Training Marilyn MPR	7:45-8:45 am Hi/Low Aerobics Marilyn MPR	8:10-9:10 am Silver & Fit Fitness Training Linda MPR	8:15-9:15 am Step Interval Kim MPR
8:15-9:15 am H2O Chelsea Pool	8:15-9:15 am H2O Fit Chelsea Pool	8:15-9:15 am H2O Jenny Pool	8:15-9:15 am H2O Fit Jennifer Pool	8:15-9:15 am H2O Chelsea Pool
		8:45-9:30am Zumba Gold Genie MPR		
9:20-10:20 am Tai Chi Shinobu MPR	9:20-10:20 am Pilates I/II Ida MPR ***No Class 3/9***	9:30-10:30 am Hatha Yoga Deborah MPR	9:20-10:20 am Pilates on the Ball Ida MPR ***No Class 3/4***	9:20-10:20 am Tai Chi Yoga Flow Shinobu MPR
4:30-5:30 pm Zumba Shinobu MPR			4:30-5:30 pm Zumba Zeny MPR	
5:30 - 6:30 pm Total Body Conditioning Valerie MPR	5:30-6:30 pm Step 'N Pump Jennifer MPR	5:30-6:30 pm BOSU Circuit Jenny MPR	5:30-6:30 pm Kickboxing Kim MPR	5:30-6:00 pm The Edge Shawn Lockers
5:30-6:00 pm The Edge Shawn Lockers	6:00-6:30 pm The Edge Shawn Lockers		6:00-6:30 pm The Edge Shawn Lockers	6:00-6:30 pm H.I.T. Water Jenny Pool
6:30- 7:30 pm H2O Fit Chelsea Pool		6:30- 7:30 pm H2O Fit Jenny Pool		6:30-7:30 pm H2O Fit Jenny Pool
6:45-7:45 pm Hatha Yoga Zeny MPR	6:45-7:30 pm Cardio Blast Jenny Cardio Ctr.	7:00-8:00 pm Hatha Yoga Chelsea MPR	6:45-7:30 pm Cardio Blast Jenny Cardio Ctr.	
				Color Key
				MIND/BODY
				AQUA Classes
				AOA Classes
				Sports Conditioning

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

Mililani

March 2010

SATURDAY

8:00-9:00 am
Zumba

Shinobu MPR

Hike: Trail TBD
Sat. 3/13 7:30am-1pm
Must sign up @ office. \$3

Yoga Under the Stars
Friday March 5 & 19 Only
7-8pm Chelsea field
will be held in classroom 1
or MPR if bad weather.

SUNDAY

9:00-10:00 am
Vinyasa Yoga

Deborah MPR

For your safety, please DO NOT ENTER 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.

