

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

# Mililani

September 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 Zumba Gold Toning Genie MPR	 <b>New Format!</b>	
8:15-9:15 am <b>Step Aerobics</b> Ashleigh 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> Jennifer MPR	8:00-8:55 am <b>Zumba</b> Ioanna 9/4 & 9/11 Ida 9/18 & 9/25 MPR	
8:00-9:00 am <b>H2O</b> Chelsea Pool	8:15-9:15 am <b>H2O Fit</b> Jenny Pool	8:00-9:00 am <b>H2O</b> Chelsea Pool	8:15-9:15 am <b>H2O Fit</b> Jennifer Pool	8:15-9:15 am <b>H2O</b> Chelsea Pool	<b>**Special Event**</b> <b>Hike</b> Sept. 25 @ 7:30am Sign up @ office.	
9:10-9:40am <b>Aqua Zumba</b> Chelsea Pool		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	9:10-9:40 am <b>Aqua Zumba</b> Chelsea Pool	9:20-10:20 am <b>Pilates on the Ball</b> Ida MPR	9:20-10:20 am <b>Tai Chi Yoga Flow</b> Shinobu MPR		
	10:30-11:30am <b>Zumba</b> Ida MPR	9:30-10:30 am <b>Hatha Yoga</b> Deborah MPR				
	11:30am-12pm <b>Abs Express!</b> Jennifer MPR					
4:30-5:30 pm <b>Zumba</b> Shinobu MPR	 <b>New Format!</b>		4:30-5:30 pm <b>Zumba</b> Ida MPR			
5:30-6:00 pm <b>Weights Express!</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> Katie MPR	5:30-6:00 pm <b>The Edge</b> Shawn Lockers		
5:15-5:45 pm <b>The Edge</b> Shawn Lockers	 <b>New Time!</b>				<b>SUNDAY</b>	
6:00-6:30pm <b>Abs Express!</b> Valerie MPR	6:00-6:30 pm <b>The Edge</b> Shawn Lockers	<b>New Time!</b> 	5:30-6:00 pm <b>The Edge</b> Shawn Lockers	6:00-6:30 pm <b>H.I.T. Water</b> Jenny Pool	9:00-10:00 am <b>Vinyasa Yoga</b> Zeny MPR	
6:00-6:30 pm <b>Aqua Zumba</b> Chelsea Pool	 <b>New Format!</b>	6:30- 7:30 pm <b>H2O Fit</b> Jenny Pool		6:30-7:30 pm <b>H2O Fit</b> Jenny Pool		
6:30-7:30 pm <b>H2O Fit</b> Chelsea Pool	6:45-7:30 pm <b>Cardio Blast</b> Jenny Cardio Ctr.	7:00-8:00 pm <b>Hatha Yoga</b> Michelle MPR	6:45-7:30 pm <b>Cardio Blast</b> Jenny Cardio Ctr.	Color Key	<b>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.</b>	
6:45-7:45 pm <b>Hatha Yoga</b> Zeny MPR				<b>MIND/BODY</b>		
				<b>AQUA Classes</b>		
				<b>AOA Classes</b>		
				<b>Sports Conditioning</b>		
				<b>Choreography/Dance</b>		
<b>Classes/ Instructors are subject to change.</b>		<b>Please check bulletin boards daily for updates.</b>			<b>Hours of Operation</b>	
Participants must be 13 years and older to attend group exercise classes.		95-1190 Hikikaula St. Mililani, HI 96789 (808) 625-1040 <a href="http://www.ymcahonolulu.org">www.ymcahonolulu.org</a>			M-F 5:30am-9pm	
					Sat. 7am-6pm	
					Sun. 8am-6pm	