



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE FEBUARY

MILILANI

Reminders:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kealia Hike is Feb 4 th ! Sign up at the front desk.	7:10-7:55am Silver & Fit Senior Yoga Ida MPR		7:45-8:45am Hi/Low Aerobics Marilyn MPR		7:00-8:00am Walk for Life Linda Off-site	8:00am-9:00am Zumba Joan/Christina MPR
	8:15-9:15am H2O Nancy Pool	8:10-9:10am Silver & Fit Marilyn MPR	8:15-9:15am H2O Kate Pool	8:10-9:10am Silver & Fit Linda MPR	7:15-8:00am Zumba Gold Lynn MPR	
Basic Weights time on Tuesdays is changing to 9:30am!!	8:15-9:15am Step Aerobics Carrie MPR	8:15-9:15am H2O Fit Jennifer Pool	8:45-9:30am Zumba Gold Lynn MPR	8:15-9:15am H2O Fit Kate Pool	8:15-9:15am Step Interval Jennifer MPR	Sunday
	9:20-9:50am Drums Alive! Shinobu MPR	9:30- 10:30 am Basic Weights/Abs Jennifer MPR	9:30-10:30am Hatha Yoga Deborah MPR	9:20-10:20am Pilates Lynn MPR	8:15-9:15am H2O Nancy Pool	8:05-9:05am Zumba Mike/Pinky MPR (Alternating)
Please ask about how you can help out with the Mililani YMCA Annual Support Campaign!!	9:55-10:55am Tai Chi Shinobu MPR	10:30-11:30am Zumba Molly MPR	10:30-11:30am Hot Hula Christina MPR	10:30-11:30am Basic Weights/Abs Jennifer MPR	9:20-9:50am Drums Alive! Shinobu MPR	9:05-10:05am Hatha Yoga Lynn MPR
					9:55-10:55am Tai Chi/ Yoga Flow Shinobu MPR	
Coming in March: Book Club Bunco/potluck	4:30-5:30pm Zumba Shinobu MPR			4:30-5:30pm Zumba Pinky MPR		Participants must be 13yrs. or older to take group exercise classes. For your safety, DO NOT enter classes after 10 min. Classes & Instructors are subject to change without notice.
	5:30-6:00pm Weights Express Valerie MPR	5:30-6:30pm Step N' Pump Jennifer MPR	5:30-6:30pm Total Body Circuit Jennifer MPR	5:30-6:30pm Kickboxing Kate MPR	5:00-6:00pm Zumba Mike MPR	
6:00-6:30pm Abs Express Valerie MPR	6:00- 6:30pm The Edge Clem Lockers	6:30-7:30pm H2O Fit Nancy Pool		5:30-6:00pm The Edge Clem Lockers		
6:30-7:30pm H2O Fit Nancy Pool	6:45-7:30pm Cardioblast Clem Cardio Ctr	6:30-8:00pm Hatha Yoga Zenny MPR	6:45-7:30pm Cardioblast Clem Cardio Ctr	6:30-7:30pm H2O Fit Lori Pool		
6:30-7:30pm Vinyasa Yoga Zeny MPR						
Contact Jenn Corley at 275-4631 for questions or comments						

Mililani YMCA

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