

CLASS DESCRIPTIONS

Please consult your physician before starting any new fitness exercise. Please choose the appropriate level class that meets your experience and current activity level. Listen to your body and stay well hydrated! If you have any other questions please contact Marcia Timboj at mtimboj@ymcahonolulu.org or 541-5243. You can also visit our website at www.ymcahonolulu.org. *"AOA" listed next to class descriptions indicates these classes are ideal for our members who are 55+

MIND/BODY

Early Morning Yoga: Surya Namaskar or Sun Salutation is a series of poses traditionally practiced to "greet the day." Iyengar based, Vinyasa style, props. **ALL LEVELS.**

Vinyasa Flow: This class is a flowing combination of several principles, a fusion of hatha and power moves, flexibility and holding of poses. **Intermediate Level**

Yogilates: Fusion class of Pilates & Yoga; improves flexibility and strength. **All levels. AOA**

Gentle Yoga: Hatha based class...slow, meditative and easy to follow. Focus is on breath, de-stressing and flexibility. **ALL LEVELS. AOA**

STRENGTH/FUNCTIONAL TRAINING

Strengthen, Stretch & Relax: Incorporates strength training, Yoga, Pilates and flexibility exercises to balance and condition your body and mind! **ALL Levels**

BURN I/II: **Level I** is an endurance training class using bands and hand weights. **Level II** uses our bar/plate system focusing on improving strength with more complex moves.

PILATES: Level I: Beginner. Improve core strength, posture and overall body awareness.

Level II: Intermediate—requires 30+ hours at level I. **Level III:** Advanced -requires 30+ hours at Level II - fast paced w/ little or no modifications.

PILATES w/Ball: Utilizes the Bosu, Fit Ball and/or Pilates Coach balls. **Intermediate**

POWER YOGILATES: Challenging fusion class incorporating Pilates & Yoga moves. Pilates ball, Fit ball and other equipment may be utilized. **Intermediate/Advanced Levels**

GUT CUT: Abdominal training class focuses on surface muscles. Lower back exercises are incorporated for balance. STEP, fit ball, Bosu, Gliders and other props may be used. **ALL**

Edge Conditioning: Circuit class incorporates sport specific moves using a wide range of equipment. **Intermediate Level**

TRX: Suspension apparatus utilizes body weight and gravity to develop strength, balance, flexibility and core stability. **All Levels**

MARTIAL ARTS

Muy Thai: "The Art of Eight Limbs", as the hands, shins, elbows, and knees are all used extensively - is a form of hard martial art that incorporates kicks and punches similar to boxing.

Tai Chi: "Soft" martial art form that features slow, rhythmic movements, deep breathing, and concentration to condition the body and clarify the mind. **All levels. AOA**

Wing Chun Drills: Class focuses on standing, close range self defense tactics. Physical contact. No previous experience is needed. Improve every day self defense techniques. **ALL**

AQUATICS

H2O: Non-weight bearing, low impact class utilizes water as resistance. Ideal for anyone recovering from injuries or with physical limitations. Aqua bells, joggers, noodles are used. T-shirt cover ups are acceptable. Aqua shoes/gloves are optional. Bring water bottles. **ALL**

H2O FIT: this class is slightly higher in intensity by incorporating more deep water training. Great for those wanting a cross-training format to compliment land workouts!

H2O Easy Does It: This basic aqua-exercise class is gentle on the joints, focuses on mobility, strength and improvement of dexterity. Minimal cardio. **ALL LEVELS. AOA**

SPECIALTY FORMATS

NIA®: interpretive dance class combines yoga, martial arts, jazz, ballet, etc. into its unique & uplifting format - experience the joy! 15 minute late arrival allowed. **ALL. AOA**

ZUMBA® this fusion dance aerobics class incorporates Latin and international music and moves creating a unique, effective and FUN cardio workout. **ALL Levels. AOA**

SALSAEROBICS: Join Hawaii's best Salsa dancer as she leads this HOT, HOT, HOT Latin dance cardio class! Learn real salsa moves and get an awesome workout! **ALL Levels.**

DRUMS ALIVE! ®: A Workout for Everyone - Families, Adults, Seniors and Kids - with music and drumming rhythms to get your feet stomping and your body moving. **ALL**

CARDIO CLASSES

Hi-Lo: A combination of impact and non impact aerobics, toning, and stretching, with modifications for beginners. Changes will be made to accommodate needs/preferences of participants. Moderate level choreography. **ALL LEVELS**

Low Impact: Level I: non-impact, low intensity class with easy to follow choreography. Level II: non-impact, high intensity with more complex choreography.

STEP I/II: Power movements and hot choreography gears you up to the utmost in STEP training. **Beginner/Intermediate Levels**

STEP II/III: faster paced classes with complex choreography. **Inter/Adv Levels**

Turbo Kick®: pre-choreographed kickboxing classes that are taught the same by each instructor. Low impact but high intensity, fun and easy to follow. All levels.

Cardio Kickboxing®: trademarked format that few are certified to teach. High intensity class and fast paced. Heavy bags are used! Bring hand wraps. **Intermediate Level.**

Step/Jump/Bosu: Cardio workout combines STEP aerobics utilizing power movements and choreography; plyometric moves on the Bosu and jump rope. **Inter/Adv Levels**

INDOOR CYCLING

Indoor Cycling: A non-impact, high-energy cardio ride on stationary bikes, simulating a road bike workout to music. All classes are ideal for ALL levels. Go at your own pace!

Endurance Ride: steady state is the focus in this 40-60 minute class.

Triathlon: you'll run, 'swim' and bike in this class, as well as perform plyometrics, push-ups, speed drills, etc., using bands, Bosu and Gliders! **Thursday class intervals TRX®**

exercises focusing on cardio conditioning, core training, power, agility, aerobic/anaerobic states and functional fitness. Running outside may occur. **Inter/Adv Levels**

AOA (Active Older Adults—55+)

AOA II CLASS: Covers balance training, agility, strength and cardiovascular movement using the floor and step. A slightly more advance class than Silver & Fit ® Level 1. **ALL**

Silver & Fit ® Level 1: A social and upbeat group exercise class that is a great place to start for the active older adult. Functional strength training and cardio exercises are alternated for a fun filled and effective workout that improves core strength and stability. Free weights, resistance bands and chairs will be utilized. **AOA**

CLASS ETIQUETTE



1. Classes are a group activity, please follow the instructor's routine.
2. **Please be on time.** Entering a class in progress is not recommended and in some cases not allowed. **Do not enter class after 10 minutes of start time,**
3. Novice cyclist should arrive 5 minutes early for set-up instructions.
4. **Be considerate of other members' exercise space.** Do not crowd a member who has arrived in class before you or block their view.
5. Please do not enter the studio before the current class has finished.
6. Please wear appropriate exercise attire. Athletic shoes, shirt, etc.
7. Water must be in an enclosed, unbreakable container. Food is not permitted.
8. Cell phones should be turned off or on silent mode.
9. Please bring a towel to class- **PROVIDED AT LOCKER DESK.**
10. Return all equipment to the proper storage area.
11. **YOGA/CYCLING/Circuit/TRX Class Participants:** pick up a number from our membership office, **10 minutes before class start time,** to participate in classes.

REVISED: 01/02/09

