



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE - February 2012

Nu'uanu YMCA

Announcements:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>We All Need the Y</p>  <p>Nu'uanu YMCA is trying to raise \$175,000 which will provide financial assistance to those who participate in Y programs. Call 541-5256 to see how you can help out.</p>	6:00 - 7:00 am * TRX Dave/Lock 118	6:00-8:30am Tai Chi Tommy 118	6:00-7:00am * Triathlon Cycle Barbie Founders	6:00-8:30am Tai Chi Tommy 118	6:00 - 7:00 am * Endurance Ride Harvey Founders	8:30-9:15am TurboKick Patty/Frannie 118
	9:00 - 10:00 am Pilates Steph G. 118	6:00-7:00am Qigong Lockwood Founders	7:00-8:00am *TRX Dave/Lock 118	6:00-7:00am Qigong Lockwood Founders	6:00-7:00 am * Beginner TRX Starting Feb 17th	9:15-10:00am Power Pump Patty/Frannie 118
	10:00-11:00 am Zumba Kehau Founders	8:30-9:30am Tai Chi Beginner Penny Founders	9:00-10:00am Pilates Steph G. 118	8:30-9:30am Tai Chi Beginner Penny Founders	7:00-8:00 am *TRX Dave/ Lock 118	9:00-10:00am Step I Sue or Step II Kathy Founders
	10:15-11:00am Silver & Fit Ashley 118	9:00-9:45am AOA Herb 118	10:15-11:00 am Silver & Fit Annie 118	9:00-9:45am AOA Ionna 118	9:00-10:00 am NIA Renee 118	11:15-12:00pm *Total Body Chaz HSC
	10:15-11:15am Total Body & Core Ven HSC	10:00-11:00am Gentle Yoga Randy 118	10:15-11:15am Total Body Ven HSC	10:00-11:00am Hatha Yoga Bob 118	10:15-11:00 am Zumba Gold Bernard GYM	12:00-1:00pm H2O Nadine/Heather/Shelly
	12:15-1:15 pm *Cycle Circuit Erin Founders	10:00-11:00 am H2O Talk Story Member Led	11:15a-12:00p ZUMBA Gold Annie GYM	10:00-11:00am H2O Talk Story Member Led	11:00a-12:00p Yoga John Founders	
	4:30-5:00 pm Low Impact Laurie 118	11:15-12:00 pm Total Body Herb HSC	12:15-1:15 pm Y FIT Steph C. 118	12:15-1:30pm Zumba & Stretch Maile 118	12:15-1:15 pm Y FIT Steph C. 118	SUNDAY
	5:00-5:45 pm Yogalates Laurie 118	12:15-1:30pm Zumba & Stretch Maile 118	4:30-5:00pm Low Impact Laurie 118	12:15-1:15pm *Cycle Dione Founders	5:15-6:15pm HOT HULA fitness® Jocelyn 118	9:30-10:45am Vinyasa Flow Yoga Claudia Castle Rm
	5:15-6:15 pm H2O Kathy Pool	5:00-5:30 pm Gut Cut Steph C. Founders	5:00-5:55pm Yogafit I Laurie 118	5:00-5:30pm Gut Cut Steph C. Founders	5:15-6:15pm *TRX Cycle Steph C Founders	10:30a-12:30p Escrima Alan 118
	5:30-6:15 pm *Total Body Chaz HSC	5:30-6:15 pm Step Circuit Kim G. 118	5:30-6:30pm *Cycle Dione Founders	5:15-6:15pm Salsa Aerobics Angel 118	5:15-6:15 pm H2O Frank Pool	* Sign-in Required 10 minutes prior to class starting time
5:15-6:15 pm *Cycle Derek Founders	5:45-6:30 pm * Total Body Steph C HSC	5:15-6:15 pm H2O Nadine Pool	5:45-6:30pm * Total Body Steph C HSC	6:30-7:30pm Cardio Kickboxing Mineyo Founders		
6:20-6:55 pm *TRX Triple Threat Kathy Founders	5:45-6:30 pm TurboKick Patty/Frannie Founders	6:00-7:00 pm Zumba Savina GYM	6:20-7:20 pm TurboKick Aldine 118	6:30-8:00pm Aikido Jimmy 118		
Beginner TRX	6:00-7:00 pm Zumba Demy GYM	6:30-7:15 pm Power Pump Patty/Frannie Founders	6:00-7:00 pm HI/LO Debbie 118	6:15-7:15pm PowerYogalates Patty Founders	7:30-8:45 pm Wing Chun Drills Roger Founders	
Friday's 6-7am Starting Feb 17th	6:00-7:00 pm Step II/Lo II Debbie/Sue 118	6:20-7:20 pm Yoga Danene 118	7:00-9:00 pm Escrima Alan Founders	7:30-8:30 pm Zumba Ionna 118	8:45-10:00pm Boxing Fitness Mineyo Founders	
 <p>Check it Out!</p>	7:00-9:00 pm Escrima Alan Founders	7:25-8:10 pm Wing Chun Drills Roger McInery	7:30-8:30 pm Aikido (Beginner) Jimmy 118	7:30-8:30 pm Self Defense Shinden Kenpo Charles Founders	For questions & comments about the Group Exercise Schedule, please call Associate Director, Stephanie Colley 541-5243	
	7:30-8:30 pm Aikido (Beginner) Jimmy 118	7:30-8:30 pm Zumba Annie P. Founders	8:30-9:30 pm Aikido (Advanced) Jimmy 118			
	8:30-9:30 pm Aikido (Advanced) Jimmy 118	7:30-8:30 pm Karate Charles Studio 118				
		8:10-9:00 pm Tai Chi Roger McInery	 Tuesday Class			
		9:10-10:00 pm Cardio Kickboxing Roger Founders				