

YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

HEALTHY START CENTER

January 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WOW WOMEN ON WEIGHTS 5:00-9:15 AM	WOW WOMEN ON WEIGHTS 5:00-8:00 AM	WOW WOMEN ON WEIGHTS 5:00-9:15 AM	WOW WOMEN ON WEIGHTS 5:00-8:00 AM	WOW WOMEN ON WEIGHTS 5:00-9:15 AM	AOA Active Older Adults 6:00-8:30 AM
AOA Active Older Adults 9:15-10:15 AM	READY 2 BE FIT 8:00-9:15 AM	AOA Active Older Adults 9:15-10:15 AM	READY 2 BE FIT 8:00-9:15 AM	AOA Active Older Adults 9:15-10:15 AM	FAMILY TIME Children 7+up w/ Adult Supervision 8:30-10:00 AM
CIRCUIT CLASS TOTAL BODY + CORE 10:15-11:15 AM	AOA Active Older Adults 9:15-10:15 AM	CIRCUIT CLASS TOTAL BODY + BALANCE 10:15-11:15 AM	AOA Active Older Adults 9:15-11:00 AM		WOW WOMEN ON WEIGHTS 10:00-11:30 AM
WOW WOMEN ON WEIGHTS 11:15am-3:00pm	CIRCUIT CLASS TOTAL BODY + 11:15am-12:15pm	WOW WOMEN ON WEIGHTS 11:15am-12:15pm		WOW WOMEN ON WEIGHTS 11:15am-3:00pm	CIRCUIT CLASS TOTAL BODY + CORE 11:15-12:00 AM
FAMILY TIME Children 7+up w/ Adult Supervision 3:00-4:00 PM	WOW WOMEN ON WEIGHTS 12:30-3:00 PM	CIRCUIT CLASS TOTAL BODY + Cardio 12:15-1:00 PM	WOW WOMEN ON WEIGHTS 12:30-3:00 PM		READY 2 BE FIT 12:00-3:00 PM
READY 2 BE FIT 4:00-5:30 PM	FAMILY TIME Children 7+up w/ Adult Supervision 3:00-5:00 PM	READY 2 BE FIT 1:00-3:00 PM	FAMILY TIME Children 7+up w/ Adult Supervision 3:00-5:00 PM	FAMILY TIME Children 7+up w/ Adult Supervision 3:00-5:00 PM	WOW WOMEN ON WEIGHTS 3:00-7:00 PM
CIRCUIT CLASS TOTAL BODY + HEAVY CARDIO 5:30-6:15 PM	CIRCUIT CLASS TOTAL BODY + CORE 5:30-6:15 PM	FAMILY TIME Children 7+up w/ Adult Supervision 3:00-5:00 PM	CIRCUIT CLASS ABS, BUNS, THIGHS 5:30-6:15 PM	READY 2 BE FIT 5:00-8:30 PM	SUNDAY
		RESERVED PRIVATE CLASS 6:30-7:30 PM			WOW WOMEN ON WEIGHTS 10:00am-12:00
WOW WOMEN ON WEIGHTS 8:30-10:00 pm	READY 2 BE FIT 6:30-10:00 PM	WOW WOMEN ON WEIGHTS 7:30-10:00 pm	READY 2 BE FIT 6:30-10:00 PM	WOW WOMEN ON WEIGHTS 8:30-10:00 pm	FAMILY TIME Children 7+up w/ Adult Supervision 12:00-5:00 PM

Nuuanu YMCA

1441 Pali Highway, Honolulu, HI 96813 808.536.3556 Fax 808.521.1181 www.ymcahonolulu.org

