



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY START CENTER - January 2012

NU'UANU YMCA

Announcements	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Need a YMCA Personal Trainer? Call Today! 541-5257	5:00-9:15am WOW Women On Weights	5:00-8:00am WOW Women On Weights	5:00-9:15am WOW Women On Weights	5:00-8:00am WOW Women On Weights	5:00-9:15am WOW Women On Weights	6:00-8:30am AOA Active Older Adults
	9:15-10:15am AOA Active Older Adults	8:00-9:15am READY 2 BE FIT	9:15-10:15am AOA Active Older Adults	8:00-9:15am READY 2 BE FIT	9:15-10:15am AOA Active Older Adults	8:30-10:00am FAMILY TIME Children 6+up w/ Adult Supervision
	10:15-11:15 am CIRCUIT CLASS Total Body + Core w/ VEN	9:15-10:15am AOA Active Older Adults	10:15-11:15 am CIRCUIT CLASS Total Body + Core w/ VEN	9:15-11:00am AOA Active Older Adults		CIRCUIT CLASS CANCELLED Saturday Class will Resume Soon!
	11:15am-3:00pm WOW Women On Weights	11:15 am-12:00 pm CIRCUIT CLASS Total Body w/ HERB	11:15am-1:00pm WOW Women On Weights	12:30-3:00pm WOW Women On Weights	11:15am-3:00pm WOW Women On Weights	12:00-3:00pm READY 2 BE FIT
		12:30-3:00pm WOW Women On Weights	1:00-3:00pm READY 2 BE FIT			3:00-7:00pm WOW Women On Weights
	3:00-5:30pm FAMILY TIME Children 6+up w/ Adult Supervision	3:00-5:30pm FAMILY TIME Children 6+up w/ Adult Supervision	3:00-6:30pm FAMILY TIME Children 6+up w/ Adult Supervision	3:00-5:00pm Club MID RESERVED for Participants Enrolled in Club MID	3:00-5:00pm Club MID RESERVED for Participants Enrolled in Club MID	
	5:30-6:15 pm CIRCUIT CLASS Total Body + Cardio w/ CHAZ	5:45-6:30 pm CIRCUIT CLASS Total Body + Core w/ STEPH		5:45-6:30 pm CIRCUIT CLASS Total Body + Core w/ STEPH	5:00-7:30pm FAMILY TIME Children 6+up w/ Adult Supervision	SUNDAY 10:00a-12:00p WOW Women On Weights
	6:30-10:00pm WOW Women On Weights	6:30-10:00pm READY 2 BE FIT	6:30-10:00pm WOW Women On Weights	6:30-10:00pm READY 2 BE FIT	7:30-10:00pm WOW Women On Weights	12:00-5:00pm FAMILY TIME Children 6+up w/ Adult Supervision
Children under the age of 13 are only allowed to workout in the HSC during scheduled Family Time and must be supervised by a parent or guardian.	Only Times highlighted in Purple are lead by Instructors. Please see Welcome Center if you need assistance from a Healthy Lifestyles Coach					