

## HEALTHY START CENTER

August 2010

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

### Nuuanu YMCA

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