

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Nu`uanu

March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 - 7:15 am STEP I/II & HI-Lo Mele Founders	6:00-7:00 am Triathlon Cycle Barbie Founder's		6:00-7:00 am Endurance Ride Harvey Founder's	
	7:00 - 8:30 am TAI CHI BASICS Tommy 118			6:30-7:30 am Early Morn YOGA Marcia 118	8:30 - 10:15am TURBO KICK® POWER PUMP Patty/Frannie 118
9:00- 10:00 am PILATES I/II Eden 118	9:00- 9:45 am AOA II JJ 118	9:00 - 10:00 am PILATES II/III Marcia 118	9:00- 9:45 am AOA II Marcia 118	7:30-8:15 AM TRX Basic Training Ashley 118	9:00 - 10:00 am STEP I/II w/ Sue OR STEP II/III w/ Kathy Alternating Saturdays Founders
10:15-11:00 am Silver & Fit Ashley 118	10:00-11:00 am GENTLE YOGA Marcia 118	10:15-11:00 Silver & Fit Herb 118		Fee-Based	
10:15-11:15 am TOTAL BODY + CORE	10:00-11:00 am H2O EasyDoes It Sue/Ryan Pool	10:15-11:15 am TOTAL BODY + BALANCE	10:00-11:00 am H2O EasyDoes It Sue/Ryan Pool		
	11:15-12:00 pm TOTAL BODY HSC Herb				11:15-12:00 TOTAL BODY + CORE
12:15 - 1:00 pm ENDURANCE RIDE Megan Founder's	12:15-1:00 pm ZUMBA Maile 118	12:15 - 1:00 pm TOTAL BODY + CARDIO	12:15 - 1:15 pm Triathlon Cycle Eden 118	12:15 - 1:00PM STRENGTHEN, STRETCH, RELAX Marcia 118	12:00-1:00 pm H2O Nadine/Kathryn/Shelly Pool
		12:30-1:15 PM TRX Basic Training Ashley 118 Fee-Based	May run outside- dress appropriately		
4:30 - 5:45 pm LOW IMPACT I/ STRENGTH BANDS YOGA I Laurie 118	5:00 - 5:25 pm GUT CUT JJ Founders	4:30 - 5:30 pm LOW IMPACT I / STEP I / BALL/PILATES Laurie 118	5:00 - 5:25pm GUT CUT w/Ball Marcia Founder's	4:45-5:30 PM DRUMS ALIVE! STUDIO 118 Betty/Shar/Sue/Marcia	PICK UP A NUMBER SUNDAY 9:30 - 10:45 am VINYASA FLOW YOGA Marc GYM
5:15 - 6:15pm H2O Kathy Pool	5:30-6:15 pm STEP/JUMP/BOSU Kim G. 118	5:15 - 6:15pm H2O Fit Nadine Pool	5:10- 6:10 pm NIA Renee/Charlene 118	5:15 - 6:15pm H2O Frank Pool	NOTICE: Healthy Start Center Circuit Class Descriptions can be found on the Healthy Start Center Schedule
5:30-6:15pm TOTAL BODY Mike HSC	5:30-6:15pm TOTAL BODY+CORE Stephanie HSC	5:30- 6:30 pm Triathlon Cycle JJ Founders	5:30-6:15 pm BUN/THIGH/ABS Stephanie HSC		COLOR KEY CYCLING Classes MIND/BODY AQUA Classes AOA Classes Healthy Start Center Sports Conditioning
5:45- 6:45 pm Beg. PILATES Kathryn Fonder's	5:45- 7:15 pm TURBO KICK® POWER PUMP Patty/Frannie Founder's	May run outside- dress appropriately			
6:00 - 7:00 pm LOW IMPACT II / STEP 2 /STRETCH Debbie/Sue 118	6:15-7:15 pm YOGA I/II Abby 118	6:00-7:00 pm HI/LO Debbie 118	6:00-7:00 pm TURBO KICK® Blasi Founder's	6:30 - 7:30 pm Cardio Kickboxing® Mineyo Founder's	
	PICK UP A NUMBER		6:15 - 7:15 pm POWER YOGILATES with BALL/BOSU Patty 118	7:30 - 8:45 pm WING CHUN Drills Roger Founder's	
	7:30-9:00 pm MUAY THAI Dino Founder's		7:15-8:15 pm SALSAEROBICS! Angel Founder's	8:45-10:00 pm Beginner BOXING Troy Founders	

Nuuanu YMCA

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

