

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Windward March 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:00am Sunrise Stretch Sue	6:30-7:45am Sunrise Yoga Yoga I/II Kara	6:15-7:00am Sunrise Stretch Carla	6:30-7:45am Sunrise Yoga Yoga I/II Kara	6:30-7:00am Sunrise Stretch Sue / Carla	
7:00-8:00am Silver & Fit III Sue	8:00-9:00am TurboKick Heidi	7:00-8:00am Hi/Low Interval Sue	8:00-9:00am TotalBodySculpt Demetrius	7:00-8:00am Hi-Low Interval Sue / Demetrius	7:00-8:00am Tae Kwon Do Rocky/Brian
8:15-8:45 am Butt & Guts Demetrius	8:00-9:00 am H2O Kimberly	8:15-8:45 am Butt & Guts Demetrius	8:00 - 9:00 am H2O Heidi	8:15-8:45 am Butt & Guts Regina	8:00-9:00am Zumba Kaipo
8:00-9:00 am H2O Arthritis Various Instructors	9:00-10:00am H2O Arthritis Kimberly/Millie	8:00-9:00 am H2O Arthritis Various Instructors	9:00-10:00am H2O Arthritis Kimberly/Millie	8:00-9:00 am H2O Arthritis Various Instructors	9:15-10:30am Hatha Yoga Yoga I / II Kevin / Rita
8:45-9:30am Pure Step Terri	9:00-10:30am Ashtanga Yoga Suzana <i>Class meets in CLUB ROOM</i>	8:45-9:45am Zumba Kaipo	9:00-10:30am Ashtanga Yoga Suzana <i>Class meets in CLUB ROOM</i>	8:45-9:30am Pure Step Regina	10:30am-12:00pm Yoga Yoga II Celina / Kelly
9:30-9:50am B2T2 Terri	9:15-10:00am Zumba Gold Kaipo	10:00-11:30 am Yoga Yoga I/II Deb	9:15-10:00am Zumba Gold Lainie	9:30-9:50am B2T2 Regina	
10:00-11:30 am Yoga Yoga I/II Jessica	10:30-11:30am Pilates Rebecca	11:45am-12:30pm Silver & Fit II (CHAIR) Sue	10:30-11:30am Pilates Rebecca	10:00-11:30 am Yoga Yoga I/II Jessica	12:00-1:00pm H2O <i>Family Fitness</i> Various Instructors
11:45am-1:00pm Kupuna Yoga Yoga .5 Deb	11:15-11:45am S&F I Demetrius <i>Class meets on LANAI</i>		11:15-11:45am S&F I Demetrius <i>Class meets on LANAI</i>	11:45am-1:00pm Kupuna Yoga Yoga .5 Teddi	
	11:45am-12:45pm Vinyasa Yoga Yoga I / II Deb		11:45am-12:45pm Vinyasa Yoga Yoga I / II Sundae		
3:15-4:00pm Butt & Guts Blast Kaipo		3:15-4:00pm Butt & Guts Blast Demetrius		3:15-4:00pm Butt & Guts Blast Demetrius	SUNDAY
4:00-5:00pm Zumba Kaipo	4:00-5:00pm TotalBodySculpt Demetrius	4:00-5:00pm Zumba Maile	4:00-5:00pm TotalBodySculpt Sue	4:00-5:00pm Zumba Amber/Lainie	10:30am-12:00pm Zumba/Stretch Various Instructors
5:15-6:15pm H2O Kimberly	5:15-6:15pm H2O Fit Heidi	5:15-6:15pm H2O Kimberly	5:15-6:15pm H2O Fit Heidi	5:15-6:15pm H2O Molly	
5:15-6:15pm Power Step Heidi	5:00-6:00pm Zumba Kaipo/Amber	5:15-6:15pm TurboKick Shawn	5:00-6:00pm CCC Sue	5:00-6:00pm KEIKI HULA	
6:30-7:45pm Gentle Yoga Stretch Teddi	6:00-8:00pm Tae Kwon Do Rocky/Brian	6:30-7:45pm Gentle Yoga Stretch Sundae	6:00-8:00pm Tae Kwon Do Rocky/Brian	6:00-7:00pm HULA I Beginner Wahine	
				7:00-8:00pm HULA II/III Int/Adv Wahine	
CLASSES and/or INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE.					
FOR YOUR SAFETY - Please do not enter a class if you are later than 10 MINUTES.					

Please consult a doctor before starting any fitness program. Choose classes that are appropriate for your fitness-level & experience.
Remember to always stay well hydrated and listen to your body at all times.

