

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

# Windward February 2010

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

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.

