

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Windward September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:00am Sunrise Stretch Sue	6:30-7:45am Sunrise Yoga Yoga I/II Kelly/Kara	6:15-7:00am Sunrise Stretch Carla	6:30-7:45am Sunrise Yoga Yoga I/II Kara/Kelly	6:30-7:00am Sunrise Stretch Sue/Carla	
7:00-8:00am Silver & Fit III Sue	8:00-9:20am Ashtanga Yoga Suzana	7:00-8:00am Hi/Low Interval Sue	8:00-9:20am Ashtanga Yoga Suzana	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 Terri	8:00-9:00 am H2O Paula	8:15-8:55 am Butt & Guts Blast Demetrius	8:00-9:00 am H2O Paula	8:15-8:45 am Butt & Guts Demetrius	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
8:45-9:55am Step & Sculpt Terri	9:30-10:15am Zumba Gold Kaipo	9:00-10:00am Zumba Kaipo	9:30-10:15am Zumba Gold Lainie	New Class Day/Time! 8:45-9:45am TurboKick Shawn	10:30am-12:00pm Yoga Yoga II Celina/Kelly
NEW CLASS!! 9:30-10:15am Aqua Zumba Kaipo *Class starts 9/20*	10:30-11:30am Pilates Rebecca	10:00-11:15am PiYo Deb	10:30-11:30am Pilates Rebecca		
10:00-11:30 am Yoga Yoga I/II Jessica	11:15-11:45am S&F I - CHAIR Demetrius Class meets on LANAI	11:45am-12:30pm Silver & Fit II (CHAIR) Sue	11:15-11:45am S&F I - CHAIR Demetrius Class meets on LANAI	10:00-11:30 am Yoga Yoga I/II Jessica	12:15-1:15pm H2O Family Fitness Various Instructors
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	11:45am-1:00pm Kupuna Yoga Yoga .5 Teddi	
	New Class Day/Time! 3:00-4:00pm PiYo Amber		New Class Day/Time! 3:00-4:00pm PiYo Amber		
3:15-4:00pm Butt & Guts Blast Kaipo		3:15-4:00pm Butt & Guts Blast Demetrius		3:15-4:00pm Butt & Guts Blast Demetrius/Amber	SUNDAY
4:00-5:00pm Zumba Kaipo	4:00-5:00pm TotalBodySculpt Demetrius	4:00-5:00pm Zumba Lainie	4:00-5:00pm TotalBodySculpt Sue	4:00-5:00pm Zumba Amber	10:30am-11:30am Zumba Various Instructors
5:15-6:15pm H2O Molly	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 TurboKick Shawn	5:00-6:00pm Zumba Cierra	5:15-6:15pm TurboKick Shawn	5:00-6:00pm CCC Sue	5:00-6:00pm KEIKI HULA	2:00-3:00pm HULA All Levels
6:30-7:45pm Gentle Yoga Celina	6:00-8:00pm Tae Kwon Do Rocky/Brian Please register at Welcome Center before first class.	6:30-7:45pm Gentle Yoga Sundae	6:00-8:00pm Tae Kwon Do Rocky/Brian Please register at Welcome Center before first class.	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.