





FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE APRIL 2019

LEEWARD YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:05am - 10:15am POWER YOGA Kat (2)		7:00 - 7:55 am Tai Chi Glenn (2)		7:00 - 7:55 am Tai Chi Glenn (2)		
10:15 - 12:15 pm *Dance PROGRAM See Flier (Studio 1)	8:00 - 8:50 am SILVER&FIT EXPERIENCE Tina (1)		8:00 - 8:55 am Low Impact II Gail (1)		8:00 - 8:55 am Cardio Kickboxing Gail (1)	8:00 - 8:45 am Low I - Diabetes Rosalia (2)
10:30 - 11:30 am R.I.P.P.E.D. Jo (2)	7:55 - 8:55 am Gentle Yoga Kat (2)	8:00 - 8:55 am Stretch & Relax Harry (2)	8:00 - 8:55 am Iyengar Base Yoga Harry (2)	8:00 - 8:55 am Stretch & Relax Harry (2)	8:00 - 8:50 am SILVER&FIT EXPERIENCE Tina (2)	8:00 - 8:55 am ZUMBA Lydia/Kelly (1)
ANNOUNCEMENTS ***** GOOD FRIDAY, APRIL 19th Open Normal Hours  HAPPY EASTER EASTER SUNDAY APRIL 21st Facility is CLOSED  HAPPY 150TH BDAY Y of HONOLULU! CELEBRATE WITH US SAT., APRIL 27th at LEEWARD YMCA! FOOD, GAMES, CRAFTS FUN FOR THE WHOLE YMCA OHANA!!!	9:00 - 10:00 am H2O Jocelyn (P)	8:00 - 9:00 am H2O Teresa (P)	9:00 - 10:00 am H2O Jonathan (P)	9:00 - 10:00 am AQUA ZUMBA Rachel (P)	9:00 - 9:55 am H2O Jocelyn (P)	8:00 - 9:00 am H2O Teresa (P)
	9:00 - 9:55 am H.E.A.T. LEVEL 1 Kekua (1)	8:30 - 9:45 am Hi-Lo Art (1)	9:00 - 9:55 am Salsaerobics Jon (1)	8:30 - 9:45 am Hi-Lo Art (1)	9:00 - 10:00 am Hi/Lo RETRO Gail (1)	9:00 - 10:05 am Strength Train/ Cardio Step Together (classes are rotated) Staff (1)
	9:00 - 9:55am Zumba Crizel (2)	9:00 - 10:30 am Tai Chi Ileina (2)	9:00 - 9:55 am Tai Chi 73 Form Ileina (2)	9:00 - 10:30 am Tai Chi Ileina (2)	9:00 - 10:00 am Vinyasa Yoga Ikumi (2)	10:15 - 4:15 pm *Dance PROGRAM See Flier (Studio 1&2)
	10:00 - 11:00 am Salsaerobics Jon (1)	10:00 - 11:00 am * Ukulele BEG I See Flier (Studio 1)	10:00 - 11:00 am Zumba Crizel (1)	10:00 - 10:55 am Cardio Dance Joanne (1)	10:05 - 11:10 am Strength Train Together Jocelyn (1)	2:45 - 3:45 pm Adult Aikido* PROGRAM* See Flier (Studio 2)
	10:15 - 11:00 am Low II - Diabetes Natalie (2)	11:00 - 12:00 pm * Ukulele BEG II See Flier (Studio 1)	10:05 - 11:00 am Zumba Gold Kalani (2)		10:30 - 11:45 am * Hula PROGRAM See Flier (Studio 2)	3:50 - 4:50 pm Adult Aikido* PROGRAM* See Flier (Studio 2)
	11:15 - 12:15 pm Parkinson's** Gail (1)	10:35 - 11:45 am Strength Train Together Christina (2)			11:15 - 12:15 pm Parkinson's ** Jonathan (1)	See Flier (Studio 2)
	12:30 - 1:30 pm *Enhance PROGRAM See Flier (Studio 1)	*2:30 - 5:50 pm TKD PROGRAM* levels I & II	12:30 - 1:30 pm *Enhance PROGRAM See Flier (Studio 1)	*2:30 - 5:50 pm TKD PROGRAM* levels I & II	12:30 - 1:30 pm *Enhance PROGRAM See Flier (Studio 1)	See Flier (Studio 2)
	4:15 - 5:15 pm INSANITY Tina (1)	3:55 - 5:00 pm Cardio Step Together Chrystal (2)		4:00 - 4:55 pm STRONG 45 by Z Rachel (2)	12:30 - 1:30 pm Line Dancing Beverly (2)	
		4:00 - 5:00 pm Circuit Training Teresa (HS)	4:00 - 5:00 pm Circuit Training Teresa (HS)	4:00 - 5:00 pm Circuit Training Lydia (HS)	4:00 - 5:00 pm Circuit Training Teresa (HS)	
***** <i>Aloha Members, We need your help! We ask that members wait until all members of the previous class exit the room before the next class enters. Mahalo for your help!</i>	5:00 - 6:00 pm Vinyasa Yoga Jill (2)	5:00 - 5:55 pm Power Yoga Ikumi (2)	4:25 - 5:30 pm Strength Train Together Jocelyn (1)	5:05 - 6:00 pm Salsaerobics Jon (2)	4:30 - 5:30 pm Defend Together Chrystal(1)	
	5:15 - 6:15 pm H2O Jonathan (P)	5:30 - 6:30 pm AQUA ZUMBA Ki'i (P)	5:15 - 6:15 pm H2O Teresa (P)	5:15 - 6:15 pm H2O Teresa (P)	5:00 - 6:00 pm Yin Yoga Ikumi (2)	
	5:25 - 6:30 pm Strength Train Together Christina (1)	6:00 - 7:00 pm Defend Together Teresa (1)	5:35 - 6:30 pm R.I.P.P.E.D. Jo (1)		5:30 - 6:25pm BOOT CAMP Jo (1)	
		6:00 - 6:55 pm Cycling Natalie (2)	5:30 - 6:30 pm Zumba Joanne (2)	6:05 - 7:15 pm Striker Circuit Al (2)	6:30 - 7:30 pm ZUMBA Kiilani (1)	
	6:35 - 7:30 pm ZUMBA Crizel (1)	7:00 - 8:00 pm Mitt Drills Al (2)	6:35 - 7:30 pm BELLY DANCING Kitty (1)	6:30 - 7:30 pm ZUMBA Zena (1)		
			7:00 - 8:00 pm KI-AIKIDO * PROGRAM* See Flier (Studio 2)			
**Parkinson's Class If you do not have Parkinson's, please review the schedule for a class best suited for you	94-440 Mokuola Street · Waipahu, HI 96797 · (808) 671-6495 www.ymahonolulu.org					

Please enter the classes on time. For your safety, we recommend you do not enter more than 10 minutes after the start of the class. NO children UNDER 13 yrs in Group X classes unless noted in class description. Proper workout attire and footwear are required in the studios.
(1) Studio 1 * (2) Studio 2 * (HS) Healthy Start Room * (P) Pool

Class Descriptions

Please consult your physician before participating in any fitness program. Classes and instructors are subject to change.
 *AOA classes are recommended for our 55+ Active Older Adults.

<p><u>H2O CLASSES</u></p> <p>AQUA ZUMBA: Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the class blends it all together into a safe, challenging, water-base workout that's cardio-conditioning, body-toning and most of all, exhilarating.</p> <p>H2O: (All Levels) *AOA welcome. This non-weight bearing, low impact exercise & resistance class is especially good for anyone recovering from an injury or beginning an exercise program. Aqua bells, noodles and other swim equipment may be used.</p> <p>BOOTCAMP H2O: Low to High Intensity aquatic exercise designed for energetic and athletic training using H2O movements in an advanced level. *Please consult your doctor</p> <p>DANCE H2O: Fun music and lively dance choreography incorporated with aquatic exercise. *AOA welcome!</p> <p><u>CARDIO & CONDITIONING</u></p> <p>SILVER AND FIT: (All levels) *AOA Welcome. Great class for our active older adults. This class combines social interaction with cardiovascular and strength exercises to improve total health. This class can be done seated or standing and uses weights, bands and other equipment.</p>	<p><u>CARDIO & CONDITIONING</u></p> <p>HI - LO: This class is a combination of impact and non-impact aerobics, includes toning & stretching with modifications for beginners.</p> <p>HI/LO RETRO: An "old school" hi-low impact aerobics class, muscle toning & cool down.</p> <p>H.E.A.T.: High energy Aerobic training L1. Hi/Lo cardio, intervals, muscle cond. ALL LEVELS and AOA.</p> <p>STEP & STEP IBC: A basic step class-no fancy moves...no difficult choreography. The intensity is determined by the participant.</p> <p>SALSAEROBICS: A unique fun and spicy exercise class that will "melt the pounds away!" Learn new Latin dance steps.</p> <p>CARDIO DANCE: Move & Groove with a little bit of hip hop, salsa & funk With lots of FUN.</p> <p>CARDIO STEP TOGETHER is an energetic cardio workout using The STEP fitness to train fitness, agility, coordination and strength. Modifications given.</p> <p>STRENGTH TRAIN TOGETHER is a results driven strength training workout utilizing adjustable barbell, weight plates& bodyweight.</p> <p>DEFEND TOGETHER is a gripping way to burn calories and build total body strength. MMA movements at rapid-fire pace, combining cutting-edge moves with thrilling music for a great cardio workout!</p> <p><u>MIND BODY SPIRIT</u></p> <p>LOW IMPACT II: Low Impact format, higher intensity; strength conditioning may be included. ALL Levels</p> <p>GENTLE YOGA: A style of yoga that is far less strenuous than other forms. Less intense. ALL</p> <p>HATHA YOGA: Meditative with breath. Chair & props may be utilized. All Levels Welcome.</p> <p>IYENGAR BASE YOGA: Great for both beginners & experienced students. Emphasis is given to alignment & precision in every posture. ALL</p> <p>POWER YOGA: A vigorous yoga exercise derived from Ashtanga Vinyasa Yoga.</p> <p>YIN YOGA: Slow-paced yoga focusing on flexibility, holding poses longer allowing for safe & positive stress on deep layers of body tissue. Helps to maintain range of motion. Encourages restoration & mindfulness.</p>	<p><u>CARDIO & CONDITIONING</u></p> <p>CARDIO KICKBOXING: Fun action packed full body cardiovascular workout as you kick, punch & block in aerobic style!</p> <p>CIRCUIT TRAINING: Join us in our Healthy Start Room for a combination of cardiovascular & endurance while using all the equipment in one minute intervals with the supervision and motivation of an instructor</p> <p>TOTAL BODY CONDITIONING: Morning classes are AOA/Evening classes are high intensity. This class is a total body workout incorporating cardio and strength. Using hand weights, bands, and your own body weight as resistance. The goal is to incorporate core and functional strength.</p> <p>KICKBOXING DRILLS: Basic kickboxing drills combined with cardiovascular training. Emphasis on form and progression from beginner to advance martial arts skills. Boxing gloves and jump rope recommended.</p> <p>STRIKER CIRCUIT: Total body workout using, striking moves, calaesthetics and timed rounds of station rotations using punching bags, kick shields, kettle bells, small weights, battle ropes, etc. Hand wraps and boxing or MMA gloves recommended.</p> <p>MITT DRILLS: Incorporate focus mitts, heavy punching bags and gloves to learn and practice offensive and defensive boxing techniques with a partner. Required: Boxing Gloves. All Levels.</p> <p>Roll It Out A MYOFASCIAL RELEASE: A safe, effective hands-on technique involves applying gentle pressure into myofascial connective tissue restriction to eliminate pain & restore motion. Stretching & Yoga may be incorporated.</p> <p>STRETCH & RELAX: (All) *AOA Welcome. This class incorporates basic stretching techniques to increase muscular flexibility, improve joint range of motion and alleviate overall stress & tension, relax with meditation. Exercise balls, bands or other props may be used.</p> <p>VINYASA YOGA: (All Levels) *AOA welcome Yoga means to "bring together" or unite. This yoga class mixes a variety of disciples, flowing through poses ("asanas").</p> <p>TAI CHI: An evidence-based tai chi form endorsed by the CDC & Fall Prevention Consortium, taught by certified Tai Chi instructors focusing on slow controlled movements, proper posture, weight transfer, breath work & relaxation. Silver & Fit endorsed. TAI CHI 73 Form: A more challenging tai chi form. Approval by instructor is required.</p>	<p><u>CONDITIONING</u></p> <p>BOOTCAMP: Challenging exercises with a hard motivating attitude. Not recommended for AOA</p> <p>R.I.P.P.E.D.: is total body, high intensity style program, utilizing free weights, resistance and body weight, masterfully combines the components of R.I.P.P.E.D. Resistance, Intervals, Power, Plyometrics and Endurance. Also includes a diet component to the program. Inquire with RIPPED instructor.</p> <p>INSANITY: Cardio-based, athletic style workout combines HIIT & Strength moves for a high energy, no weights required ALL Fitness Level class.</p> <p>STRONG 45 by Zumba: HIIT class formatted by Zumba Fitness. NO DANCING, JUST STRONG!</p> <p>CORE/CBS: This mat class consists of introductory through intermediate level exercises with explanation & demonstrations. Focusing on Abdominals & Core incorporating also Pilates & Yoga. Variety of apparatus can be utilized: mats, straps, tubes, stability ball.</p> <p>CBS: Core, Balance & Stretch class.</p> <p>TRX: The system utilizes a system of straps, buckles and grips that allows the user to work against their own body weight.</p> <p>TABATA/BOOTCAMP: Work out based on HIIT (high intensity interval training).</p> <p><u>SPECIALTY CLASSES</u></p> <p>Diabetes Low Intensity I & II: A 30-45 minute low-intensity cardio & strength circuit class is a great starter class designed for the Pre-Diabetic/Diabetic participant, BUT anyone new to exercise or just beginning their fitness journey is welcome to join. Modifications are given. Level I: for beginners, new to working out. Level II: Intermediate</p> <p>PARKINSON'S*: If you have Parkinson's disease, this is a class specifically for you. The class focuses on posture, balance, strength and vocal expansion.</p> <p>Reminders: All Group X participants: please wear proper workout attire: comfortable fully covered athletic shoes, workout shirts/tops (midriffs must be covered); fully covered workout pants Childwatch: 24 hrs RESERVATION Required. Please pick up your child 5 minutes prior to CW closing. Please call to CANCEL to assist other families wanting to reserve a spot.</p>
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