




FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE JULY 2018

LEEWARD YMCA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9am - 10:15am <b>POWER YOGA</b> Dindin (2)		7:00 - 7:55 am Tai Chi Glenn (2)		7:00 - 7:55 am Tai Chi Glenn (2)	5:15 - 6:15 am Morning YOGA VAL (2)	
10:15 - 12:15 pm <b>*Dance PROGRAM</b> See Filer (Studio 1)	8:00 - 8:50 am <b>SILVER&amp;FIT</b> EXPERIENCE Tina (1)		8:00 - 8:55 am Low Impact II Gall (1)		8:00 - 8:55 am Cardio Kickboxing Gall (1)	8:00 - 8:45 am Diabetes Low I Rosalia (2)
10:30 - 11:30 am R.I.P.P.E.D. Jo (2)	7:55 - 8:55 am Gentle Yoga Ikumi (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 <b>SILVER&amp;FIT</b> EXPERIENCE Tina (2)	8:00 - 8:55 am ZUMBA Lydia/Kelly (1)
<b>ANNOUNCEMENTS</b> 	9:00 - 10:00 am <b>H2O</b> Jocelyn (P)	8:00 - 9:00 am <b>H2O</b> Teresa (P)	9:00 - 10:00 am <b>H2O</b> STAFF(P)	9:00 - 10:00 am <b>H2O</b> Rachel (P)	9:00 - 9:55 am <b>AQUA ZUMBA</b> Jocelyn (P)	8:00 - 9:00 am <b>H2O</b> Teresa (P)
<p>Wednesday, July 4th Independence Day Facility is CLOSED for the Holiday ***** ***NO BINGO*** BEST SUMMER EVER WELCOME Y KIDS!</p> <p>Wednesday July 18th Crafting with Gloria 11:00am - 12:00pm</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 - 10:00 am ZUMBA Crizel (1)	8:30 - 9:45 am Hi-Lo Art (1)	9:00 - 10:00 am Hi/Lo RETRO Gall (1)	9:00 - 10:05 am Strength Train Together/ Cardio Step Together (classes are rotated) Lindsey (1)
	9:00 - 9:55am Zumba Rachel (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 - 9:55 am Vinyasa Yoga Ikumi (2)	10:15 - 4:15 pm <b>*Dance PROGRAM</b> See Filer (Studio 1&2)
	10:00 - 11:00 am Salsaerobics Jon (1)	10:00 - 11:00 am <b>* Ukulele BEG I</b> See Filer (Studio 1)	10:00 - 11:00 am Salsaerobics Renna (1)	10:00 - 11:00 am Cardio Dance Joanne (1)	10:00 - 11:05 am Strength Train Together Jocelyn (2)	2:45 - 3:45 pm Adult Aikido* PROGRAM* See Filer (Studio 2)
	10:15 - 11:00 am Diabetes Low II Rosalia (2)	11:00 - 12:00 pm <b>* Ukulele BEG II</b> See Filer (Studio 1)	10:05 - 11:00 am Dance AOA Staff(2)		10:30 - 11:45 am <b>* Hula PROGRAM</b> See Filer (Studio 1)	3:50 - 4:50 pm Adult Aikido* PROGRAM* See Filer (Studio 2)
	11:15 - 12:15 pm Parkinson's** Gall (1)	10:35 - 11:45 am Strength Train Together Jocelyn (2)	11:00 - 12:00 pm TRX Teresa (2)	11:00 - 12:00 pm Defend Together Christina (1)	11:15 - 12:15 pm Parkinson's ** Rosalia (2)	
	12:30 - 1:30 pm <b>*Enhance PROGRAM</b> See Filer (Studio 1)	4:00 - 5:00 pm Circuit Training Teresa (HS)	12:30 - 1:30 pm <b>*Enhance PROGRAM</b> See Filer (Studio 1)	4:00 - 5:00 pm Circuit Training Lydia (HS)	12:30 - 1:30 pm <b>*Enhance PROGRAM</b> See Filer (Studio 1)	
	4:15 - 5:15 pm <b>HIIT</b> Lindsey (1)	4:00 - 4:55 pm Cardio Step Together Chrystal (2)	4:00 - 5:00 pm Circuit Training Teresa (HS)	4:00 - 5:00 pm Strength Train Together Christina (2)	12:30 - 1:30 pm Line Dancing Beverly (2)	
		<b>*2:30 - 5:50 pm</b> <b>TKD PROGRAM*</b> levels I & II See Filer (Studio 1)	4:30 - 5:30 pm Strength Train Together Lindsey (1)	<b>*2:30 - 5:50 pm</b> <b>TKD PROGRAM*</b> levels I & II See Filer (Studio 1)	4:00 - 5:00 pm Circuit Training Teresa (HS)	
	5:00 - 6:00 pm <b>POWER Yoga</b> Jill (2)	5:00 - 5:55 pm Yoga Ikumi (2)		5:00 - 6:00 pm Salsaerobics Jon (2)	4:30 - 5:30 pm Defend Together Chrystal (1)	
	5:15 - 6:15 pm <b>H2O</b> Jocelyn (P)	5:30 - 6:30 pm <b>H2O</b> Staff (P)	5:15 - 6:15 pm <b>H2O</b> Teresa (P)	5:15 - 6:15 pm <b>H2O</b> Teresa (P)	5:15 - 6:30 pm Roll It Out Myofascial Release Rosalia (2)	
5:30 - 6:30 pm Strength Train Together Lindsey (1)	6:00 - 7:00 pm Defend Together Teresa (1)	5:30 - 6:30 pm R.I.P.P.E.D. Jo (1)	6:00 - 7:00 pm Step Together Lindsey (1)	5:30 - 6:30 pm TBC Kimo (1)		
6:00 - 7:00 pm TBC Kimo (2)	6:00 - 6:55 pm Cycling Natalie (2)	5:30 - 6:30 pm Zumba Joanne (2)	6:00 - 7:15 pm Striker Circuit Al (2)	6:30 - 7:30 pm Zumba Killani (1)		
6:30 - 7:30 pm ZUMBA Kekua (1)	7:00 - 7:40 pm Mitt Drills Al (2)		7:00 - 8:00 pm ZUMBA Zena (1)			
			7:00 - 8:00 pm <b>KI-AIKIDO *</b> <b>PROGRAM*</b> See Filer (Studio 2)			
						<p>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</p>

\*This is a FEE based program which requires registration. Please see the Welcome Desk for Enrollment

\*\*Parkinson's Class  
If you do not have Parkinson's, please review the schedule for a class best suited for you

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# 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.

## H2O CLASSES

**AOJA 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.

**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.

**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

**DANCE H2O:** Fun music and lively dance choreography incorporated with aquatic exercise. \*AOA welcome!

## CARDIO & CONDITIONING

**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.

## CYCLING

**CYCLING:** Join us for a different ride every class. Cycling in an interval training class that helps you improve your cardiovascular health. First time? Please arrive early for bike set up. Water and towel required.

## ZUMBA

**ZUMBA:** Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness class. Routines feature interval training sessions where fast & slow rhythms & resistance training are combined to sculpt & tone.

**ZUMBA GOLD:** (All Levels) \*AOA welcome All the fun and energy of zumba in a class designed for the active older adult and beginner.

## CARDIO & CONDITIONING

**HI-LO:** This class is a combination of impact and non-impact aerobics, includes toning & stretching with modifications for beginners.

**HI/LO RETRO:** An "old school" hi-low impact aerobics class, muscle toning & cool down level.

**h.e.a.t.:** high energy Aerobic training level

1. Hi/Lo cardio, intervals, muscle cond. AOA welcome. ALL

**STEP & STEP TBC:** A basic step class-no fancy moves...no difficult choreography. The intensity is determined by the participant.

**SALSAEROBICS:** A unique fun and spicy exercise class that will "melt the pounds away!" Learn new Latin dance steps.

**CARDIO DANCE:** Move & Groove with a little bit of hip hop, salsa & funk With lots of FUN.

**CARDIO STEP TOGETHER** is an energetic cardio workout using The STEP fitness to train fitness, agility, coordination and strength. Modifications given.

**STRENGTH TRAIN TOGETHER** is a results driven strength training workout utilizing adjustable barbell, weight plates& bodyweight.

**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!

**LOW IMPACT II:** Low Impact format, higher intensity; strength conditioning may be included. ALL Levels

## MIND BODY SPIRIT

**GENTLE YOGA:** A style of yoga that is far less strenuous than other forms. Less intense. ALL

**HATHA YOGA:** Meditative with breath. Chair & props may be utilized. All Levels Welcome.

**IYENGAR BASE YOGA:** Great for both beginners & experienced students. Emphasis is given to alignment & precision in every posture. ALL

**POWER YOGA:** A vigorous yoga exercise derived from Ashtanga Vinyasa Yoga.

**EMPOWER YOGA:** Energetic flow fused with movements inspired by elements of Yoga, Pilates & Martial Arts. An active class designed to cultivate strength, flexibility and mental focus, with emphasis on self-empowerment!

## CARDIO & CONDITIONING

**CARDIO KICKBOXING:** Fun action packed full body cardiovascular workout as you kick, punch & block in aerobic style!

**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

**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.

**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.

**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.

**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.

**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.

**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.

**VINYASA YOGA:** (All Levels) \*AOA welcome Yoga means to "bring together" or unite. This yoga class mixes a variety of disciplines, flowing through poses ("asanas").

**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.

## CONDITIONING

**BOOTCAMP:** Challenging exercises with a hard motivating attitude. Not recommended for AOA

**BODYBLAST 360:** Tone Train Total Body 360 workout, using various sculpting tools-stability ball, dumbbell, bands & your own bodyweight. You'll never get bored!

**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.

**CORE:** This mat class consists of introductory through intermediate level exercises with thorough explanation & demonstrations. Focusing on Abdominals & Core incorporating also Pilates. Variety of apparatus' will be utilized: mats, tubes, stability ball.

**TRX:** The system utilizes a system of straps, buckles and grips that allows the user to work against their own body weight.

**TABATA/BOOTCAMP:** Work out based on HIIT (high intensity interval training).

## SPECIALTY CLASSES

**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

**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.

## Reminders:

**All Group X participants:** please wear proper workout attire: comfortable fully covered athletic shoes, workout shirts/tops (midribs 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.