



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Central Group Exercise Schedule

December 2014

Central YMCA

Monday

Start	End	Class	Location	Instructor
05:45 AM	06:45 AM	Cycling	Studio 1	Dorian
08:00 AM	09:15 AM	Cardio Dance	Studio 2	Melinda Gaborno
09:00 AM	10:00 AM	Tai Chi for Better Balance	Studio 1	Jerry
09:30 AM	10:15 AM	AOA Low Impact I	Studio 2	Kathy
11:15 AM	12:15 PM	Sit & Get Fit Yoga Stretch	Studio 1	Kathy
12:15 PM	01:15 PM	Zumba	Studio 2	Tori
04:45 PM	05:45 PM	Step II/Burn I	Studio 2	Janie
05:00 PM	06:00 PM	Zumba	Gym	Kelly
05:45 PM	06:00 PM	Gut Cut	Studio 2	Janie
06:00 PM	07:15 PM	Vinyasa Yoga	Studio 1	Mackenzie
06:00 PM	07:00 PM	Power Combo Extreme	Studio 2	Al

Tuesday

Start	End	Class	Location	Instructor
08:15 AM	09:15 AM	Advanced Pilates	Studio 1	Stephanie
08:25 AM	09:40 AM	Hatha Yoga	Studio 2	Derek
09:45 AM	11:00 AM	Vinyasa Yoga	Studio 2	Peter
09:45 AM	10:45 AM	Zumba Toning	Studio 1	Ioanna
10:15 AM	11:15 AM	H2O Fit	Pool	Lauren
11:30 AM	12:00 PM	Step Express	Studio 2	Rosalie
11:30 AM	12:30 PM	Parkinson's	Studio 1	Jerry
12:00 PM	01:00 PM	Burn II	Studio 2	Rosalie
04:30 PM	05:30 PM	Pilates	Studio 1	Al
05:30 PM	06:30 PM	Turbo Kick	Studio 1	May
05:30 PM	06:30 PM	Burn II	Studio 2	Al
06:30 PM	07:30 PM	Zumba	Studio 1	Annette

Wednesday

Start	End	Class	Location	Instructor
05:45 AM	06:45 AM	Cycling	Studio 1	Dorian
08:00 AM	09:15 AM	Low II/Ball	Studio 2	Kathy
10:00 AM	10:45 AM	AOA Muve	Studio 1	Maggie
11:15 AM	12:15 PM	Silver&Fit (Level 2)	Studio 1	Kathy
12:30 PM	01:30 PM	Country Fit	Studio 2	Nicky Guess
04:45 PM	05:45 PM	Step II/Burn I	Studio 2	Janie
05:00 PM	06:00 PM	Zumba	Gym	Tori
05:45 PM	06:00 PM	Gut Cut	Studio 2	Janie
06:00 PM	07:15 PM	Vinyasa Yoga	Studio 1	Mackenzie

Thursday

Start	End	Class	Location	Instructor
08:15 AM	09:15 AM	Advanced Pilates	Studio 1	Stephanie
08:25 AM	09:40 AM	Hatha Yoga	Studio 2	Derek
09:45 AM	11:00 AM	Vinyasa Yoga	Studio 2	Peter
10:15 AM	11:15 AM	H2O Fit	Pool	Lauren
11:00 AM	12:00 PM	Parkinson's	Studio 1	Antonella
11:30 AM	12:00 PM	Step Express	Studio 2	Rosalie
12:00 PM	01:00 PM	Burn II	Studio 2	Rosalie
04:45 PM	05:25 PM	BOSU Circuit	Studio 2	Al
05:30 PM	06:30 PM	Burn II	Studio 2	Al
05:45 PM	06:30 PM	Zumba	Studio 1	Annette

Central YMCA

401 Atkinson Drive, Honolulu, Hawaii 96814

P(808) 941-3344 <http://www.ymcahonolulu.org/locations/central>



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Friday

Start	End	Class	Location	Instructor
05:45 AM	06:45 AM	Cycling	Studio 1	Dorian
08:00 AM	09:15 AM	Low II/Bosu	Studio 2	Kathy
09:00 AM	10:00 AM	Tai Chi for Better Balance	Studio 1	Jerry
09:30 AM	10:30 AM	Zumba Gold	Studio 2	Kathy
10:15 AM	11:15 AM	Aqua Zumba	Pool	Tori
11:15 AM	12:15 PM	Silver&Fit (Level 2)	Studio 1	Antonella
12:30 PM	01:30 PM	Zumba	Studio 2	Jenna
04:45 PM	05:45 PM	Step II/Burn I	Studio 2	Janie
05:00 PM	06:00 PM	Zumba	Studio 1	Ioanna
05:45 PM	06:00 PM	Gut Cut	Studio 2	Janie

Saturday

Start	End	Class	Location	Instructor
07:00 AM	08:00 AM	Vinyasa Yoga	Studio 1	Lynn
07:45 AM	08:45 AM	Zumba	Studio 2	Kelly/Tiffany
08:00 AM	09:00 AM	Taiji for Health & Wellness	Studio 1	Jerry
09:00 AM	10:15 AM	Boot Camp	Studio 2	Janie

Sunday

Start	End	Class	Location	Instructor
07:45 AM	09:00 AM	Zumba	Studio 2	Janice
09:00 AM	10:30 AM	Stretch, Strengthen & Balance	Studio 1	Sungalina
09:00 AM	09:45 AM	Tummy Tush Toning	Studio 2	Janice



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Descriptions

AOA LOW IMPACT I - For our members 55+- a half hour low intensity cardiovascular class with easy to follow choreography.

AOA MUVE - Structured improvisational dance; explore movement possibilities, loosen joints; rhythms from around the world. All levels. AOA. No experience required.

ADVANCED PILATES - Improve core strength, posture to and overall body awareness. More advanced moves, faster pace, and less focus on theory.

AQUA ZUMBA - Fusion of Latin Dance without the impact. Join the party in the pool and get a great workout.

BOSU CIRCUIT - BOSU (Both Sides Up) balance trainer can be used with the platform side up or down for different exercise and fitness levels. Expect a total body workout through constant core stability and balance challenge. All levels with modifications, as many moves are intermediate.

BOOT CAMP - A combination of creative and intense exercises using step, bosu, weights, to thoroughly work your body in a simple to follow format. Intermediate Level.

BURN II - Uses bar/plate system focusing on improving strength; more complex moves.

CARDIO DANCE - Cardio /fitness cardiography to new pop, oldies & Zumba music, followed by weights & isometric exercise to tone arms, legs & abs.

COUNTRY FIT - Workout designed around the interval training format. Line dances, core, upper body, and cardio moves, all to fun country western music. All Levels.

CYCLING - Non-impact, high-energy cardio ride on stationary bikes, simulating a road bike workout to music. Monday: Moderate Intervals, Wednesday: Hill simulation, Friday: Steeper Climbs.

GUT CUT - Abdominal training focusing on surface muscles using the step, fit ball & floor. Lower back exercises are also incorporated. All levels.

H2O FIT - Ideal for those wanting a less weight bearing, low impact exercise that uses water as resistance. Ideal for anyone recovering from injuries or whom may have any physical limitations. Use of aqua bells and noodles. T-shirt cover ups are acceptable. Aqua shoes/gloves are optional. Bring water bottles. ALL levels. AOA.

HATHA YOGA - Focus on the breath for relaxation brings together the connection of the mind, body & spirit. Improve posture, alignment & balance. All levels.

LOW II/BALL - Low impact, high intensity aerobics, followed by weights and core trainig on ball.

LOW II/BOSU - Low II/Bosu

PARKINSON'S - If you suffer from Parkinson's disease, there is a class specifically for you. This class focuses on posture, balance, strength, & vocal expansion.

PILATES - Improve core strength, posture to and overall body awareness.

POWER COMBO EXTREME - Cardio, Resistance, Power & Endurance training in a fast paced rockin' fitness environment. All levels.

SILVER&FIT (LEVEL 2) - Focus on increasing flexibility, joint stability, dynamic balance, coordination, muscular strength and cardiovascular endurance. Strengthening exercises using resistance bands & dumbbells are partnered with various cardio walks, and agility and reaction time exercises. Participants can start in a seated position and progress to standing if desired. For moderately active older adults.

SIT & GET FIT YOGA STRETCH - Seated and standing yoga postures designed to increase flexibility, balance and



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range of movement. Restorative breathing and relaxation exercises promote stress reduction and mental clarity. Chair provided for stability while doing poses.

STEP EXPRESS - A half hour step workout.

STEP II/BURN I - Fast paced cardio class with complex choreography. Strength/functional training using bar/plate system, focusing on improving strength with more complex moves.

STRETCH, STRENGTHEN & BALANCE - 3 A's of yoga—Attitude, alignment, action. Poses focus on stretching muscles and connective tissue, and building strength for a balance foundation.

TAI CHI FOR BETTER BALANCE - Endorsed by the Center for Disease Control as an effective fall prevention program.

TAIJI FOR HEALTH & WELLNESS - Introduction to some general concepts and principles utilized in Taiji practice. Forms and workout regimens from Yang, Sun, and Chen styles will be presented.

TUMMY TUSH TONING - Work the abs, gluts, legs & core, then stretch them out.

TURBO KICK - Pre-choreographed kickboxing classes that are taught the same by each instructor. Low impact but high intensity, fun and easy to follow. All levels.

VINYASA YOGA - Improve flexibility, strength & stamina. Asanas that form and shape your body while liberating your mind. All levels.

ZUMBA - Fusion of Latin dance (Salsa, Merengue, Cumbia) and aerobics. Great Fun!

ZUMBA GOLD - Fusion of Latin dance (Salsa, Merengue, Cumbia) and aerobics with an easier pace for Active Older Adults (AOA). Join the Party!

ZUMBA TONING - Zumba circuit training with light weights. Dance & tone.