



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

Mililani Group Exercise Schedule

December 2014

Mililani YMCA

Monday

Start	End	Class	Location	Instructor
07:15 AM	08:00 AM	Senior Yoga	Multipurpose Room	Lynn
08:10 AM	09:10 AM	H2O Fit	Pool	Sheryl
08:15 AM	09:15 AM	Step & Weights	Multipurpose Room	Jenn
09:20 AM	09:50 AM	Core Class	Multipurpose Room	Sheryl
09:55 AM	10:55 AM	Tai Chi	Multipurpose Room	Stuart
11:00 AM	12:00 PM	Zumba	Multipurpose Room	Brandon
04:30 PM	05:25 PM	Zumba	Multipurpose Room	LeeAnn
05:30 PM	06:25 PM	Weights & Abs	Multipurpose Room	Valerie
05:30 PM	06:30 PM	Stretch & Relax	Classroom 1	Marina
06:30 PM	07:30 PM	Vinyasa Yoga	Multipurpose Room	Leslie
06:30 PM	07:25 PM	H2O Fit	Pool	Sheryl

Tuesday

Start	End	Class	Location	Instructor
07:00 AM	07:55 AM	Arthritis Tai Chi	Multipurpose Room	Ed
08:00 AM	09:00 AM	H2O Fit	Pool	Kate
08:10 AM	09:10 AM	Silver&Fit	Multipurpose Room	Marilyn
09:00 AM	09:45 AM	Aqua Zumba	Pool	NJ
09:30 AM	10:25 AM	Basic Weights	Multipurpose Room	Jenn
10:30 AM	11:00 AM	Fun with Drums!	Multipurpose Room	Nisi
11:00 AM	12:00 PM	Zumba	Multipurpose Room	Nisi
05:30 PM	06:30 PM	Step & Weights	Multipurpose Room	Jenn
06:45 PM	07:30 PM	Cardioblast	Cardio Center	Sheryl

Wednesday

Start	End	Class	Location	Instructor
07:00 AM	07:45 AM	Senior Yoga	Multipurpose Room	Lynn
07:50 AM	08:45 AM	Hi-Low	Multipurpose Room	Marilyn
08:10 AM	09:10 AM	H2O Fit	Pool	Sheryl
08:45 AM	09:30 AM	Zumba Gold	Multipurpose Room	Lynn
09:45 AM	10:45 AM	Hatha Yoga	Multipurpose Room	Jenn/Marina
11:00 AM	11:45 AM	Zumba Toning	Multipurpose Room	Nisi
05:30 PM	06:30 PM	Total Body Circuit	Multipurpose Room	Sheryl/Dominique
06:30 PM	07:25 PM	H2O Fit	Pool	Sheryl
06:35 PM	08:00 PM	Hatha Yoga	Multipurpose Room	Zeny

Thursday

Start	End	Class	Location	Instructor
07:00 AM	07:55 AM	Arthritis Tai Chi	Multipurpose Room	Ed
08:00 AM	09:00 AM	H2O Fit	Pool	Kate
08:10 AM	09:10 AM	Silver&Fit	Multipurpose Room	Linda
09:00 AM	09:45 AM	H2O Boot Camp	Pool	Kate
09:20 AM	10:20 AM	Pilates	Multipurpose Room	Lynn
10:30 AM	11:30 AM	Basic Weights	Multipurpose Room	Kate
04:30 PM	05:25 PM	Zumba	Multipurpose Room	Tori
05:30 PM	06:30 PM	R.I.P.P.E.D.	Multipurpose Room	Dominique
06:45 PM	07:30 PM	Cardioblast	Cardio Center	Sheryl

Friday

Start	End	Class	Location	Instructor
07:00 AM	08:00 AM	Walk For Life	Off Site	Linda
07:15 AM	08:00 AM	Zumba Gold	Multipurpose Room	Lynn
08:10 AM	09:10 AM	H2O Fit	Pool	Sheryl

Mililani YMCA

95-1190 Hikikaula Street, Mililani, Hawaii 96789

P(808) 625-1040 <http://www.ymcahonolulu.org/locations/mililani>



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Friday

Start	End	Class	Location	Instructor
08:15 AM	09:15 AM	Step Interval	Multipurpose Room	Jenn
09:20 AM	09:50 AM	Core Class	Multipurpose Room	Sheryl
09:55 AM	10:55 AM	Hatha Yoga	Multipurpose Room	Marina
11:15 AM	12:30 PM	Tai Chi	Multipurpose Room	Stuart
05:15 PM	06:15 PM	Weights/Zumba	Multipurpose Room	Valerie/Nisi
06:30 PM	07:30 PM	Yoga	Multipurpose Room	Marina
06:30 PM	07:25 PM	Aqua Zumba	Pool	Tori

Saturday

Start	End	Class	Location	Instructor
08:05 AM	09:05 AM	Zumba	Multipurpose Room	Nisi/Joan

Sunday

Start	End	Class	Location	Instructor
08:05 AM	09:05 AM	Zumba	Multipurpose Room	Tiffany/Mike
09:05 AM	10:05 AM	Hatha Yoga	Multipurpose Room	Lynn



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Descriptions

AQUA ZUMBA - Aqua Zumba

ARTHRITIS TAI CHI - Arthritis Tai Chi

BASIC WEIGHTS - A weight training class focusing on all major muscle groups.

CARDIOBLAST - Held in our Cardio Center, you will be coached through aerobic and anaerobic levels of intensity, taking periodic heart rate checks to insure maximum benefits are achieved. All Levels.

CORE CLASS - Emphasis on building abdominal strength through different exercise movements.

FUN WITH DRUMS! - An aerobic based routine that incorporates drumming on an exercise ball for upper body and core strength.

H2O BOOT CAMP - A high intensity water aerobics class that incorporates deep water training with the use of aqua bells and more.

H2O FIT - This class is slightly higher in intensity by incorporating more deep water training. Great for those wanting a cross-training format to compliment land workouts! All Levels.

HATHA YOGA - Emphasis on strength building and flexibility by following Vinyasa (rejuvenating) sequences. This class will improve posture, alignment and balance. AOA. All Levels.

HI-LOW - A combination of impact and non-impact aerobics, toning, and stretching, with modifications for beginners AOA. All Levels.

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

R.I.P.P.E.D. - This total body, high intensity style workout, utilizing free weights, resistance and body weight, masterfully combines resistance, intervals, plyometric and endurance moves designed to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. Intermediate to Advanced Levels.

SENIOR YOGA - Yoga designed specifically for our senior members.

SILVER&FIT - Have fun through a variety of intervals that include light cardio, strength and agility exercises. Hand-held weights, exercise bands, and a ball are offered for resistance. Exercises can also be done seated or use a chair for standing support. AOA. All Levels.

STEP & WEIGHTS - Step & Weights

STEP INTERVAL - Power movements and hot choreography to gear you up to the utmost in step training. Faster paced classes, that incorporate hand weights.

STRETCH & RELAX - A class dedicated to stretching all muscle groups and ending with final relaxation/meditation.

TAI CHI - Tai Chi

TOTAL BODY CIRCUIT - Mixes some cardio intervals with weight endurance training using bands, hand weights, exercise balls, and steps. All Levels.

VINYASA YOGA - This class is a flowing combination of several principles; a nice combination of Hatha and power moves, flexibility and holding of poses. Intermediate Level.

WALK FOR LIFE - Enjoy the outdoors while walking around Mililani town, engaging in good conversation while getting some exercise too! Wear walking shoes. AOA. All Levels.

WEIGHTS & ABS - Weight training for all muscle groups. Ab, core and lower back strengthening exercises.



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WEIGHTS/ZUMBA - Weights/Zumba

YOGA - Yoga

ZUMBA - A latin/international dance workout. A fitness party! All Levels.

ZUMBA GOLD - A lower intensity Zumba class geared toward beginners that uses Latin music and modified moves to give you a great cardio workout. AOA. All Levels

ZUMBA TONING - A Latin/international dance workout