



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

Mililani Group Exercise Schedule

May 2014
Mililani YMCA

Off Site						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Walk For Life 07:00-08:00am Linda		
Multipurpose Room						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Yoga 07:15-08:00am Lynn	Arthritis Tai Chi 07:00-07:55am Ed	Hi-Low 07:45-08:45am Marilyn	Arthritis Tai Chi 07:00-07:55am Ed	Zumba Gold 07:15-08:00am Lynn		
		Senior Yoga 07:00-07:45am Lynn				
Step & Weights 08:15-09:15am Jenn	Silver&Fit 08:10-09:10am Marilyn		Silver&Fit 08:10-09:10am Linda	Step Interval 08:15-09:15am Jenn/Carrie	Zumba 08:10-09:10am Nisi/Joan	Zumba 08:05-09:05am Nisi/Mike
Tai Chi 09:55-10:55am Stuart	Basic Weights 09:30-10:25am Jenn	Zumba Gold 09:00-09:45am Lynn	Pilates 09:20-10:20am Lynn	Hatha Yoga 09:55-10:55am Marina		Hatha Yoga 09:05-10:05am Lynn
Drums Alive! 09:20-09:50am Nisi		Hatha Yoga 09:45-10:45am Jenn/Marina		Zumba Toning ☐ 09:20-09:50am Nisi		
	Zumba 10:30-11:30am Nisi		Basic Weights 10:30-11:30am Kate			
Zumba 11:00-12:00pm Brandon				Tai Chi 11:15-12:30pm Stuart		
ASP Fitness ☐ 03:30-04:25pm Lynn	Teen Fitness ☐ 03:45-04:30pm Lynn					
Zumba 04:30-05:25pm LeeAnn/Nisi			Zumba 04:30-05:25pm NJ			
Weights & Abs 05:30-06:25pm Valerie	Step & Weights 05:30-06:30pm Jenn	Total Body Circuit 05:30-06:25pm Sheryl/Dominique	R.I.P.E.D. 05:30-06:30pm Dominique	Weights/Zumba 05:15-06:15pm Valerie/Nisi		
Vinyasa Yoga 06:30-07:30pm Zeny		Hatha Yoga 06:30-08:00pm Zeny				
Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
H2O Fit 08:15-09:15am Sheryl	H2O Fit 08:00-09:00am Kate	H2O Fit 08:15-09:15am Sheryl	H2O Fit 08:00-09:00am Kate	H2O Fit 08:00-09:00am Kate		
				H2O Fit 08:15-09:15am Sheryl		
	Aqua Zumba 09:00-09:45am NJ		H2O Boot Camp 09:00-09:45am Kate			



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Pool						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
H2O Fit 06:30-07:30pm Sheryl		H2O Fit 06:30-07:30pm Sheryl		H2O Fit 06:30-07:30pm Sheryl		
Cardio Center						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Cardioblast 06:45-07:30pm Sheryl		Cardioblast 06:45-07:30pm Sheryl			
Classroom 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch & Relax 05:30-06:30pm Marina						



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Descriptions

ASP FITNESS - Workout for kids participating in our YMCA After School Program

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.

DRUMS ALIVE! - Drums Alive!

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.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

TEEN FITNESS - Workout for Teens participating in our YMCA programs

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.



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

WEIGHTS/ZUMBA - Weights/Zumba

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