



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

Mililani Group Exercise Schedule

October 2014

Mililani YMCA

Monday

| Start | End | Class | Location | Instructor |
|----------|----------|-----------------|-------------------|-------------|
| 07:15 AM | 08:00 AM | Senior Yoga | Multipurpose Room | Lynn |
| 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/Nisi |
| 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 | 07:30 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 |
| 09:00 AM | 09:45 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 | 06:25 PM | Total Body Circuit | Multipurpose Room | Sheryl/Dominique |
| 06:30 PM | 08:00 PM | Hatha Yoga | Multipurpose Room | Zeny |
| 06:30 PM | 07:30 PM | H2O Fit | Pool | Sheryl |

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 | Kickboxing | Multipurpose Room | Kate |
| 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 |
| 08:15 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 |

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 |
|----------|----------|---------------|-------------------|------------------|
| 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 | 07:30 PM | H2O Fit | Pool | Sheryl/Kate/Jenn |

Saturday

| Start | End | Class | Location | Instructor |
|----------|----------|-------|-------------------|------------|
| 08:10 AM | 09:10 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.

KICKBOXING - A low impact but moderate to high intensity class. May incorporate the use of hand weights. 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



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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.

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