



Virtual (Live Stream) | June 1st - June 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|---|--|---|--|---|--|---|
| Energizing Breathwork | 12:15AM-12:45AM (Mind Body) <i>Uma S.</i> | | | | | | |
| Upper Body Strength | 12:30AM-1:00AM (Fitness First) <i>Clare O.</i> 12:00PM-12:30PM (Fitness First) <i>Clare O.</i> | | 12:30AM-1:00AM (Fitness First) <i>Clare O.</i> 11:00PM-11:30PM (Fitness First) <i>Clare O.</i> | | | 11:00PM-11:30PM (Fitness First) <i>Clare O.</i> | |
| Lower Body Strength | 1:00AM-1:30AM (Fitness First) <i>Clare O.</i> | | 1:00AM-1:30AM (Fitness First) <i>Clare O.</i> 11:30PM-12:00AM (Fitness First) <i>Clare O.</i> | | | 11:30PM-12:00AM (Fitness First) <i>Clare O.</i> | |
| Foam Roll & Stretch | 1:30AM-1:45AM (Fitness First) <i>Olivia W.</i> | 12:00AM-12:15AM (Fitness First) <i>Olivia W.</i> | 6:45AM-7:00AM (Fitness First) <i>Olivia W.</i> | 6:30AM-6:45AM (Fitness First) <i>Olivia W.</i> 4:15PM-4:30PM (Fitness First) <i>Olivia W.</i> | | 10:30AM-10:45AM (Fitness First) <i>Olivia W.</i> | 3:30AM-3:45AM (Fitness First) <i>Olivia W.</i> |
| Bodyweight Bootcamp | 2:00AM-2:30AM (Fitness First) <i>Clare O.</i> 11:30PM-12:00AM (Fitness First) <i>Clare O.</i> | | | 12:00AM-12:30AM (Fitness First) <i>Clare O.</i> | 11:00AM-11:30AM (Fitness First) <i>Clare O.</i> | | 10:30AM-11:00AM (Fitness First) <i>Clare O.</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------|--|--|--|---|--|--|---|
| FIERCE | 2:30AM-3:00AM (Fitness First) <i>Brittany W.</i> | 5:00AM-5:30AM (Fitness First) <i>Olivia W.</i> | 2:00AM-2:30AM (Fitness First) <i>Olivia W.</i> | 4:15AM-4:45AM (Fitness First) <i>Clare O.</i> 5:00AM-5:30AM (Fitness First) <i>Brittany W.</i> 1:30PM-2:00PM (Fitness First) <i>Brittany W.</i> 11:00PM-11:30PM (Fitness First) <i>Olivia W.</i> | 11:30AM-12:00PM (Fitness First) <i>Olivia W.</i> | 12:00AM-12:30AM (Fitness First) <i>Olivia W.</i> | 11:00PM-11:30PM (Fitness First) <i>Olivia W.</i> |
| Intermediate Yoga | 3:00AM-3:46AM (Mind Body) <i>Linda M.</i> 8:00AM-8:46AM (Mind Body) <i>Linda M.</i> | 7:00AM-7:46AM (Mind Body) <i>Linda M.</i> 10:00AM-10:46AM (Mind Body) <i>Linda M.</i> | 7:00AM-7:46AM (Mind Body) <i>Linda M.</i> | 3:00AM-3:46AM (Mind Body) <i>Linda M.</i> | 2:00PM-2:46PM (Mind Body) <i>Linda M.</i> | 9:00AM-9:46AM (Mind Body) <i>Linda M.</i> | 3:00PM-3:46PM (Mind Body) <i>Linda M.</i> |
| Chair Yoga | 4:00AM-4:45AM (Mind Body) <i>Tina E.</i> 6:00AM-6:45AM (Mind Body) <i>Tia K.</i> | 8:00AM-8:45AM (Mind Body) <i>Kim M.</i> | 8:00AM-8:45AM (Around The Y) <i>Tina E.</i> 3:00PM-3:45PM (Mind Body) <i>Tia K.</i> | 10:00AM-10:45AM (Mind Body) <i>Kim M.</i> | 4:00AM-4:45AM (Mind Body) <i>Clare O.</i> 9:00AM-9:45AM (Around The Y) <i>Tina E.</i> 4:00PM-4:45PM (Around The Y) <i>Tina E.</i> 5:00PM-5:45PM (Mind Body) <i>Kim M.</i> | 4:00AM-4:45AM (Around The Y) <i>Tina E.</i> 8:00AM-8:45AM (Mind Body) <i>Kim M.</i> | 4:00AM-4:45AM (Mind Body) <i>Kim M.</i> 8:00AM-8:45AM (Mind Body) <i>Kim M.</i> 9:00AM-9:45AM (Mind Body) <i>Clare O.</i> |
| Strength & Conditioning | 4:00AM-4:30AM (Fitness First) <i>Olivia W.</i> | | | | | | |
| Core & More | 4:45AM-5:15AM (Fitness First) <i>Olivia W.</i> | 1:00PM-1:30PM (Les Mills) <i>Olivia W.</i> 11:00PM-11:30PM (Les Mills) <i>Olivia W.</i> | | 6:00AM-6:30AM (Fitness First) <i>Jojo G.</i> | 3:00AM-3:30AM (Fitness First) <i>Jojo G.</i> 12:30PM-1:00PM (Les Mills) <i>Olivia W.</i> | | 4:30PM-5:00PM (Les Mills) <i>Olivia W.</i> |
| Seated Silver Combo | 5:00AM-5:35AM (Boomers & Beyond) <i>Tina E.</i> | 5:30AM-6:05AM (Boomers & Beyond) <i>Tina E.</i> | | | 5:00AM-5:35AM (Boomers & Beyond) <i>Tina E.</i> 6:30PM-7:05PM (Boomers & Beyond) <i>Tina E.</i> | | 4:30AM-5:05AM (Boomers & Beyond) <i>Tina E.</i> |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|---|--|---|
| Silver Combo | 5:45AM-6:20AM (Boomers & Beyond) <i>Tina E.</i> | 5:00AM-5:35AM (Boomers & Beyond) <i>Tina E.</i> | 4:00AM-4:35AM (Boomers & Beyond) <i>Tina E.</i> | 4:00AM-4:35AM (Boomers & Beyond) <i>Tina E.</i> | | 5:30AM-6:05AM (Boomers & Beyond) <i>Tina E.</i> | 5:00AM-5:35AM (Boomers & Beyond) <i>Tina E.</i> |
| Beginner Yoga | 7:00AM-8:00AM (Mind Body) <i>Tia K.</i> 5:00PM-5:30PM (Mind Body) <i>Kayla L.</i> | | 2:00PM-3:00PM (Mind Body) <i>Tia K.</i> | | 7:00AM-8:00AM (Mind Body) <i>Tia K.</i> | | 7:00AM-8:00AM (Mind Body) <i>Tia K.</i> 2:00PM-3:00PM (Mind Body) <i>Tia K.</i> |
| On Canvas with Kaitlyn: Citrus Fields Pt. 3 | 9:00AM-9:30AM (Mind Body) <i>Kaitlyn L.</i> | | 12:00PM-12:30PM (Mind Body) <i>Kaitlyn L.</i> | | 7:00AM-7:30AM (Mind Body) <i>Kaitlyn L.</i> | 6:00AM-6:30AM (Mind Body) <i>Kaitlyn L.</i> | |
| Barre Mix | 10:00AM-10:45AM (Fitness First) <i>Kelley R.</i> | 12:00PM-12:45PM (Fitness First) <i>Kelley R.</i> | 6:00AM-6:45AM (Fitness First) <i>Kelley R.</i> | 12:30AM-1:15AM (Fitness First) <i>Kelley R.</i> 11:00AM-11:45AM (Fitness First) <i>Kelley R.</i> | 3:00PM-3:45PM (Fitness First) <i>Kelley R.</i> | | 6:00AM-6:45AM (Fitness First) <i>Kelley R.</i> |
| Intermediate Yoga | 10:00AM-10:45AM (Mind Body) <i>Mike K.</i> | 5:00PM-5:45PM (Mind Body) <i>Mike K.</i> | 3:30AM-4:15AM (Mind Body) <i>Mike K.</i> | | 1:00AM-1:45AM (Mind Body) <i>Mike K.</i> | | |
| Strength Express | 10:30AM-11:00AM (Fitness First) <i>Brittany W.</i> | 1:30AM-2:00AM (Fitness First) <i>Clare O.</i> | 4:30PM-5:00PM (Fitness First) <i>Clare O.</i> | 4:15AM-4:45AM (Fitness First) <i>Brittany W.</i> 3:00PM-3:30PM (Fitness First) <i>Clare O.</i> 11:30PM-12:00AM (Fitness First) <i>Brittany W.</i> | 12:00PM-12:30PM (Fitness First) <i>Clare O.</i> 11:00PM-11:30PM (Fitness First) <i>Brittany W.</i> | 2:00AM-2:30AM (Fitness First) <i>Brittany W.</i> | 9:45AM-10:15AM (Fitness First) <i>Clare O.</i> 4:00PM-4:30PM (Fitness First) <i>Clare O.</i> 11:30PM-12:00AM (Fitness First) <i>Brittany W.</i> |
| Basic Step & Strength | 11:00AM-11:30AM (Fitness First) <i>Lisa H.</i> | 8:15AM-8:45AM (Fitness First) <i>Lisa H.</i> | 2:30AM-3:15AM (Fitness First) <i>Jojo G.</i> | 1:30AM-2:00AM (Fitness First) <i>Lisa H.</i> 5:00AM-5:45AM (Fitness First) <i>Jojo G.</i> 12:30PM-1:15PM (Fitness First) <i>Jojo G.</i> | 2:00AM-2:45AM (Fitness First) <i>Jojo G.</i> | 6:00AM-6:30AM (Fitness First) <i>Lisa H.</i> 3:00PM-3:45PM (Fitness First) <i>Jojo G.</i> | 2:00AM-2:45AM (Fitness First) <i>Jojo G.</i> |
| Butts, Guts, & Body: Lower Body Strength | 11:30AM-12:00PM (Fitness First) <i>Olivia W.</i> | 3:00AM-3:30AM (Fitness First) <i>Olivia W.</i> | 6:00AM-6:30AM (Fitness First) <i>Olivia W.</i> | 2:00AM-2:30AM (Fitness First) <i>Olivia W.</i> | 6:00AM-6:30AM (Fitness First) <i>Olivia W.</i> | 10:00AM-10:30AM (Fitness First) <i>Olivia W.</i> | 3:00AM-3:30AM (Fitness First) <i>Olivia W.</i> |
| Chair Qigong | 1:00PM-1:45PM (Mind Body) <i>Karen A.</i> | | 9:00AM-9:45AM (Mind Body) <i>Karen A.</i> | 8:00AM-8:45AM (Mind Body) <i>Karen A.</i> | | 3:00AM-3:45AM (Mind Body) <i>Karen A.</i> | |

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|---|---|---|--|---|--|---|--|
| Hatha Yoga | 2:00PM-2:45PM (Mind Body) <i>Uma S.</i> | | | | | | |
| Restorative Yoga | 3:00PM-3:30PM (Mind Body) <i>Kayla L.</i> | | | | | | |
| Core & Stretch | 3:30PM-4:00PM (Fitness First) <i>Clare O.</i> | | 4:00PM-4:30PM (Fitness First) <i>Clare O.</i> | | | | 11:00AM-11:30AM (Fitness First) <i>Clare O.</i> |
| Gentle Yoga Qigong | 4:00PM-4:30PM (Mind Body) <i>Karen A.</i> | 4:30PM-5:00PM (Mind Body) <i>Karen A.</i> | 5:00AM-5:30AM (Mind Body) <i>Karen A.</i> | 5:00PM-5:30PM (Mind Body) <i>Karen A.</i> | | 5:00AM-5:30AM (Mind Body) <i>Karen A.</i> | |
| Mat Pilates | | 1:00AM-1:30AM (Mind Body) <i>Jon G.</i> 4:00PM-4:30PM (Mind Body) <i>Brittany W.</i> | 10:00AM-10:30AM (Mind Body) <i>Jon G.</i> | 5:45AM-6:15AM (Mind Body) <i>Brittany W.</i> | | | |
| Yoga Fusion | | 2:00AM-2:30AM (Mind Body) <i>Karen A.</i> 9:45AM-10:15AM (Mind Body) <i>Lisa H.</i> | 1:30AM-2:00AM (Mind Body) <i>Lisa H.</i> 4:30AM-5:00AM (Mind Body) <i>Karen A.</i> 1:00PM-1:45PM (Les Mills) <i>Ellen S.</i> | 12:00PM-12:30PM (Mind Body) <i>Karen A.</i> 2:30PM-3:00PM (Mind Body) <i>Lisa H.</i> | 12:30AM-1:00AM (Mind Body) <i>Lisa H.</i> 8:30AM-9:00AM (Mind Body) <i>Karen A.</i> | 12:00PM-12:45PM (Les Mills) <i>Ellen S.</i> | 12:00PM-12:30PM (Mind Body) <i>Karen A.</i> |
| Power Flow | | 3:30AM-4:00AM (Mind Body) <i>Kayla L.</i> 1:30PM-2:00PM (Mind Body) <i>Kayla L.</i> | | | | | |
| ForeverWell Balance & Stretch | | 4:00AM-4:30AM (Boomers & Beyond) <i>Karen A.</i> | 5:30AM-6:00AM (Boomers & Beyond) <i>Karen A.</i> | 8:45AM-9:15AM (Boomers & Beyond) <i>Karen A.</i> | 5:30AM-6:00AM (Boomers & Beyond) <i>Karen A.</i> | | 5:30AM-6:00AM (Boomers & Beyond) <i>Karen A.</i> |
| Guided Meditation | | 4:45AM-5:00AM (Mind Body) <i>Kayla L.</i> | 5:30AM-5:45AM (Mind Body) <i>Kayla L.</i> | | | | |
| Push, Pull, Press: Upper Body Strength | | 6:00AM-6:30AM (Fitness First) <i>Olivia W.</i> | | | | | |
| Core Express | | 6:45AM-7:00AM (Fitness First) <i>Olivia W.</i> | | | 10:00AM-10:15AM (Fitness First) <i>Olivia W.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|---------------|---|--|--|---|---|---|
| Aging Strong | | 9:00AM-9:30AM (Boomers & Beyond) <i>Lisa H.</i> | | 4:30AM-5:00AM (Boomers & Beyond) <i>Lisa H.</i> | 6:30AM-7:00AM (Boomers & Beyond) <i>Lisa H.</i> | | |
| Muscle Up | | 9:00AM-9:45AM (Around The Y) <i>Annie D.</i> | 6:30AM-7:15AM (Fitness First) <i>Annie D.</i> | | 10:15AM-11:00AM (Around The Y) <i>Annie D.</i> | 12:30AM-1:15AM (Around The Y) <i>Annie D.</i> 7:00AM-7:45AM (Around The Y) <i>Annie D.</i> | 12:30AM-1:15AM (Around The Y) <i>Annie D.</i> |
| Full Body Strength | | 3:15PM-4:00PM (Fitness First) <i>Olivia W.</i> | 11:00AM-11:45AM (Fitness First) <i>Olivia W.</i> | 7:00AM-7:45AM (Fitness First) <i>Olivia W.</i> 3:30PM-4:15PM (Fitness First) <i>Olivia W.</i> | | | |
| ForeverWell Cardio | | | | 2:45AM-3:15AM (Boomers & Beyond) <i>Clare O.</i> | | | |



Nu'uanu Y | June 1st - June 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|---|---|---|--------------------------------|
| Lap Swim: 5 Lanes Pool | 5:00AM-10:00AM (Lap Swim) 11:00AM-3:00PM (Lap Swim) | 5:00AM-10:00AM (Lap Swim) 11:00AM-3:00PM (Lap Swim) | 5:00AM-10:00AM (Lap Swim) 11:00AM-3:00PM (Lap Swim) | 5:00AM-10:00AM (Lap Swim) 11:00AM-12:30PM (Lap Swim) | 5:00AM-10:00AM (Lap Swim) 10:00AM-12:30PM (Lap Swim) 5:30PM-8:15PM (Lap Swim) | 6:00AM-8:30AM (Swim Team) 12:15PM-1:10PM (Swim Team) | |
| Shallow Water Exercise: 1 Lane Pool | 5:00AM-10:00AM (Stationary Water Exercise) 11:00AM-3:00PM (Stationary Water Exercise) 7:00PM-8:15PM (Stationary Water Exercise) | 5:00AM-10:00AM (Stationary Water Exercise) 11:00AM-3:00PM (Stationary Water Exercise) 3:00PM-5:00PM (Stationary Water Exercise) 7:00PM-8:15PM (Stationary Water Exercise) | 5:00AM-10:00AM (Stationary Water Exercise) 11:00AM-3:00PM (Stationary Water Exercise) 3:00PM-5:00PM (Stationary Water Exercise) 5:00PM-7:00PM (Stationary Water Exercise) 7:00PM-8:15PM (Stationary Water Exercise) | 5:00AM-10:00AM (Stationary Water Exercise) 11:00AM-12:30PM (Stationary Water Exercise) 3:00PM-5:00PM (Stationary Water Exercise) 7:00PM-8:15PM (Stationary Water Exercise) | 5:00AM-10:00AM (Stationary Water Exercise) 10:00AM-12:30PM (Stationary Water Exercise) 3:00PM-5:30PM (Stationary Water Exercise) 5:30PM-8:15PM (Stationary Water Exercise) | 6:00AM-8:30AM (Stationary Water Exercise) 12:15PM-1:10PM (Stationary Water Exercise) 1:10PM-4:00PM (Stationary Water Exercise) | |
| Racquetball Free Play Racquetball Court 3 & 4 | 5:00AM-8:55PM (Racquetball) | 5:00AM-8:55PM (Racquetball) | 5:00AM-8:55PM (Racquetball) | 5:00AM-8:55PM (Racquetball) | 5:00AM-8:55PM (Racquetball) | 6:00AM-4:55PM (Racquetball) | 9:00AM-2:55PM (Racquetball) |
| Full Court Basketball: Free Play Gymnasium | 5:00AM-7:55AM (Basketball) 12:00PM-4:55PM (Basketball) | 5:00AM-5:55AM (Basketball) 7:20PM-8:55PM (Basketball) | 5:00AM-7:55AM (Basketball) 12:00PM-2:25PM (Basketball) 4:30PM-5:55PM (Basketball) | 11:00AM-12:55PM (Basketball) 7:20PM-8:55PM (Basketball) | 5:00AM-7:55AM (Basketball) 12:00PM-2:25PM (Basketball) 8:00PM-8:55PM (Basketball) | 6:00AM-6:55AM (Basketball) 1:00PM-4:55PM (Basketball) | |
| Les Mills RPM McInerney + Live Stream REGISTER | 6:15AM-7:00AM (Cycle) <i>Dominique R.</i> | | 6:15AM-7:00AM (Cycle) <i>Dominique R.</i> | | | | |
| TRX Room 118 REGISTER | 7:00AM-8:00AM (Strength & Conditioning) <i>Norman N.</i> | 8:30AM-9:30AM (Strength & Conditioning) <i>Sue B.</i> | 7:00AM-8:00AM (Strength & Conditioning) <i>Norman N.</i> | 8:30AM-9:30AM (Strength & Conditioning) <i>Sue B.</i> | 7:00AM-8:00AM (Strength & Conditioning) <i>Garrett S.</i> 5:45PM-6:45PM (Strength & Conditioning) <i>Kathy F.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|---|--|--|---------------|
| Tai Chi Castle REGISTER | 7:15AM-8:15AM (Mind & Body: Tai Chi) <i>Carol H.</i> | | 7:15AM-8:15AM (Mind & Body: Tai Chi) <i>Carol H.</i> | | 7:15AM-8:15AM (Mind & Body: Tai Chi) <i>Carol H.</i> | | |
| Pickleball: 3 Courts- Free Play Gymnasium | 8:00AM-11:55AM (Pickleball) | 6:00AM-10:55AM (Pickleball) | 8:00AM-11:55AM (Pickleball) | 5:00AM-10:55AM (Pickleball) | 8:00AM-11:55AM (Pickleball) | 7:00AM-8:55AM (Pickleball) 12:00PM-12:55PM (Pickleball) | |
| Step & Sculpt Founders REGISTER | 8:30AM-9:30AM (Cardio) <i>Janie N.</i> | | | | | | |
| Advanced Tai Chi Castle REGISTER | 8:30AM-9:30AM (Mind & Body: Tai Chi) <i>Carol H.</i> | | | | | | |
| Dance Fitness: Club Hits Room 118 REGISTER | 8:45AM-9:45AM (Cardio: Dance) <i>Derrick K.</i> | | | | | | |
| Aqua Fitness Class: 6 Lanes Pool | 10:00AM-11:00AM (Aqua Fitness Class) 5:00PM-6:00PM (Aqua Fitness Class) | 10:00AM-11:00AM (Aqua Fitness Class) 5:00PM-6:00PM (Aqua Fitness Class) | 10:00AM-11:00AM (Aqua Fitness Class) | 10:00AM-11:00AM (Aqua Fitness Class) 5:00PM-6:00PM (Aqua Fitness Class) | | | |
| Guided Workout Reservation Fitness Center REGISTER | 10:00AM-11:00AM (Guided Workout) 11:00AM-12:00PM (Guided Workout) 12:00PM-1:00PM (Guided Workout) 1:00PM-2:00PM (Guided Workout) 2:00PM-3:00PM (Guided Workout) 3:00PM-4:00PM (Guided Workout) 4:00PM-5:00PM (Guided Workout) | 10:00AM-11:00AM (Guided Workout) 11:00AM-12:00PM (Guided Workout) 12:00PM-1:00PM (Guided Workout) 1:00PM-2:00PM (Guided Workout) 2:00PM-3:00PM (Guided Workout) 3:00PM-4:00PM (Guided Workout) 4:00PM-5:00PM (Guided Workout) | 1:00PM-2:00PM (Guided Workout) 2:00PM-3:00PM (Guided Workout) 3:00PM-4:00PM (Guided Workout) 4:00PM-5:00PM (Guided Workout) | 10:00AM-11:00AM (Guided Workout) 11:00AM-12:00PM (Guided Workout) 1:00PM-2:00PM (Guided Workout) 2:00PM-3:00PM (Guided Workout) 4:00PM-5:00PM (Guided Workout) | 10:00AM-11:00AM (Guided Workout) 11:00AM-12:00PM (Guided Workout) 12:00PM-1:00PM (Guided Workout) 1:00PM-2:00PM (Guided Workout) 2:00PM-3:00PM (Guided Workout) 3:00PM-4:00PM (Guided Workout) 4:00PM-5:00PM (Guided Workout) | | |
| Step Aerobics Founders REGISTER | 10:00AM-11:00AM (Cardio) <i>Kathy F.</i> | | | | | | |
| Aqua Fit Pool REGISTER | 10:00AM-11:00AM (Aqua Fitness) <i>Derrick K.</i> | 10:00AM-11:00AM (Aqua Fitness) <i>Tara M.</i> | | 10:00AM-11:00AM (Aqua Fitness) <i>Derrick K.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|---|---|---|------------------------------|-----------------------------|
| Y Fusion Room 118 + Live Stream REGISTER | 10:00AM-11:00AM (Strength & Conditioning) <i>Patty F.</i> | | 10:00AM-11:00AM (Strength & Conditioning) <i>Sue B.</i> | | | | |
| Silver & Fit Room 118 REGISTER | 11:15AM-12:15PM (Kupuna) <i>Ioanna S.</i> | | | | 10:15AM-11:15AM (Kupuna) <i>Ioanna S.</i> | | |
| HIIT Racquetball Court 2 REGISTER | 12:30PM-1:30PM (HIIT) <i>AJ S.</i> | | 6:00AM-7:00AM (HIIT) <i>Jo C.</i> 12:30PM-1:15PM (HIIT) <i>AJ S.</i> | | | | |
| Basketball: Family Friendly Gymnasium = Family Friendly | 3:00PM-4:55PM (Basketball) | | | | | | |
| Lap Swim: 2 Lanes Pool | 3:00PM-5:00PM (Lap Swim) | 3:00PM-5:00PM (Lap Swim) | 3:00PM-5:00PM (Lap Swim) | 3:00PM-5:00PM (Lap Swim) | 3:00PM-5:30PM (Lap Swim) | 8:30AM-12:15PM (Lap Swim) | 9:00AM-2:30PM (Lap Swim) |
| LTS: 3 Lanes Pool | 3:00PM-5:00PM (Learn To Swim (Lts)) | 3:00PM-5:00PM (Learn To Swim (Lts)) | 3:00PM-5:00PM (Learn To Swim (Lts)) | 3:00PM-5:00PM (Learn To Swim (Lts)) | 3:00PM-5:30PM (Learn To Swim (Lts)) | | |
| Dance Fitness Room 118 + Live Stream REGISTER | 4:30PM-5:00PM (Cardio: Dance) <i>Derrick K.</i> | 11:15AM-12:15PM (Cardio: Dance) <i>Derrick K.</i> | | 11:15AM-12:15PM (Cardio: Dance) <i>Derrick K.</i> | | | |
| Zumba Founders + Live Stream REGISTER | 4:30PM-5:30PM (Cardio: Dance) <i>Emi F.</i> | | 5:00PM-6:00PM (Cardio: Dance) <i>Kim S.</i> | | | | |
| Pickleball: Family Friendly Gymnasium | 5:00PM-8:55PM (Pickleball) | | | | | | |
| Aqua Zumba Pool REGISTER | 5:00PM-6:00PM (Aqua Fitness) <i>Sara C.</i> | 5:00PM-6:00PM (Aqua Fitness) <i>Derrick K.</i> | | 5:00PM-6:00PM (Aqua Fitness) <i>Priscilla K.</i> | | | |
| Yogalates Room 118 + Live Stream REGISTER | 5:10PM-6:10PM (Mind & Body: Yoga) <i>Derrick K.</i> | 7:15AM-8:15AM (Mind & Body: Yoga) <i>Derrick K.</i> | | | | | |
| Swim Team: 6 Lanes Pool | 6:00PM-7:00PM (Swim Team) | 6:00PM-7:00PM (Swim Team) | | 6:00PM-7:00PM (Swim Team) | | 4:00PM-5:00PM (Swim Team) | |
| Total Body Conditioning Founders + Live Stream REGISTER | 6:00PM-7:00PM (Strength & Conditioning) <i>Kathy F.</i> | | | | | | |
| Yoga with Mindfulness Castle REGISTER | 6:15PM-7:15PM (Mind & Body: Yoga) <i>Sri M.</i> | | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|--|--------------------------------|--------|
| Escrima Room 118 REGISTER | 6:30PM-8:30PM (Martial Arts) <i>Alan F.</i> | | | | | | |
| Mind-Body Blend Founders + Live Stream REGISTER | | 8:30AM-9:30AM (Strength & Conditioning) <i>AJ S.</i> | | | | | |
| Chair Yoga Castle REGISTER | | 9:00AM-10:00AM (Mind & Body: Yoga) <i>Donna W.</i> | | | | | |
| Zumba Room 118 + Live Stream REGISTER | | 10:00AM-11:00AM (Cardio: Dance) <i>Emi F.</i> | 11:30AM-12:30PM (Cardio: Dance) <i>Maile L.</i> | 4:50PM-5:50PM (Cardio: Dance) <i>Kelly S.</i> | 4:30PM-5:30PM (Cardio: Dance) <i>Terumi K.</i> | | |
| Pickleball Lessons: Court 3 Only Gymnasium = Pickleball Lessons | | 11:00AM-12:55PM (Pickleball) 1:00PM-2:55PM (Pickleball) | | | | 9:00AM-11:55AM (Pickleball) | |
| Half Court Basketball: Free Play Gymnasium | | 11:00AM-12:55PM (Basketball) | | | | | |
| Core & Stretch Room 118 + Live Stream REGISTER | | 12:30PM-1:30PM (Recovery) <i>Derrick K.</i> | | 12:30PM-1:30PM (Recovery) <i>Derrick K.</i> | | | |
| Pickleball: Courts 1 & 2 Free Play Gymnasium = Family Friendly | | 1:00PM-2:55PM (Pickleball) | | | | | |
| Pickleball: 3 Courts- Free Play Gymnasium = Family Friendly | | 2:55PM-3:55PM (Pickleball) | 6:00PM-8:55PM (Pickleball) | 1:00PM-3:55PM (Pickleball) | | | |
| Full Court Basketball: Free Play Gymnasium = Family Friendly | | 4:00PM-4:55PM (Basketball) | 4:30PM-5:55PM (Basketball) | 4:00PM-4:55PM (Basketball) | | | |
| Reformer Pilates McInerney REGISTER | | 4:30PM-5:30PM (Mind & Body: Pilates/Barre) <i>Kathy F.</i> | | 6:15AM-7:15AM (Mind & Body: Pilates/Barre) <i>Dominique R.</i> 4:30PM-5:30PM (Mind & Body: Pilates/Barre) <i>Patty F.</i> | | | |
| MOSSA: Group Power Room 118 REGISTER | | 5:00PM-6:00PM (Strength & Conditioning) <i>AJ S.</i> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|--|---|--|----------|--------|
| Court Closed for Y Program or Special Event Gymnasium | | 5:00PM-7:15PM (Court Closed) | | 5:00PM-7:15PM (Court Closed) | | | |
| Pilates Founders + Live Stream REGISTER | | 6:00PM-7:00PM (Mind & Body: Pilates/Barre) <i>Patty F.</i> | | | | | |
| Step & Sculpt Room 118 REGISTER | | 6:15PM-7:15PM (Cardio) <i>Janie N.</i> | | | | | |
| Total Body Conditioning Room 118 + Live Stream REGISTER | | | 8:30AM-9:30AM (Strength & Conditioning) <i>AJ S.</i> | | | | |
| Beginner Tai Chi Castle REGISTER | | | 8:30AM-9:30AM (Mind & Body: Tai Chi) <i>Carol H.</i> | | 8:30AM-9:30AM (Mind & Body: Tai Chi) <i>Carol H.</i> | | |
| TRX Founders REGISTER | | | 8:30AM-9:30AM (Strength & Conditioning) <i>Norman N.</i> | 4:45PM-5:45PM (Strength & Conditioning) <i>Kathy F.</i> | | | |
| Aqua Fit: Light Pool REGISTER | | | 10:00AM-11:00AM (Aqua Fitness) <i>Tara M.</i> | | | | |
| Parkinson's Class Founders + Live Stream REGISTER | | | 11:30AM-12:30PM (Kupuna) <i>Sue B.</i> | | 11:30AM-12:30PM (Kupuna) <i>Sue B.</i> | | |
| Gentle Yoga Founders REGISTER | | | 12:45PM-1:45PM (Mind & Body: Yoga) <i>Maile L.</i> | | | | |
| Court Closed for Y Teen Club Gymnasium | | | 2:30PM-4:25PM (Court Closed) | | 2:30PM-4:25PM (Court Closed) | | |
| Family Swim: 2 Lanes Pool | | | 5:00PM-7:00PM (Family Swim) | | | | |
| Lap Swim: 3 Lanes Pool | | | 5:00PM-7:00PM (Lap Swim) | | | | |
| Total Body Conditioning Room 118 REGISTER | | | 5:15PM-6:15PM (Strength & Conditioning) <i>Susan H.</i> | | | | |
| Cardio Kickboxing Castle REGISTER | | | 5:45PM-6:45PM (Cardio) <i>Mineyo M.</i> | | | | |
| Escrima Founders REGISTER | | | 6:30PM-8:30PM (Martial Arts) <i>Alan F.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|--|--|--|--------|
| Restorative Yoga Room 118 + Live Stream REGISTER | | | | 7:15AM-8:15AM (Mind & Body: Yoga) <i>Susan H.</i> | | | |
| Stretch & Relax Castle REGISTER | | | | 10:00AM-11:00AM (Recovery) <i>AJ S.</i> | | | |
| Zumba Gold Room 118 + Live Stream REGISTER | | | | 10:00AM-11:00AM (Kupuna) <i>Terumi K.</i> | | | |
| AOA Founders REGISTER | | | | 11:15AM-12:00PM (Kupuna) <i>Ioanna S.</i> | | | |
| Summer Day Camp Recreational Swim: 6 Lanes Pool | | | | 12:30PM-2:30PM (Summer Day Camp Recreational Swim) | | | |
| Small Group Training Session Fitness Center REGISTER | | | | 3:00PM-4:00PM (Small Group Training) <i>AJ S.</i> 4:00PM-5:00PM (Small Group Training) <i>AJ S.</i> | | | |
| MOSSA: Group Fight Room 118 + Live Stream REGISTER | | | | 6:00PM-7:00PM (Cardio) <i>Patty F.</i> | | | |
| Yoga with Mindfulness Founders REGISTER | | | | 6:00PM-7:00PM (Mind & Body: Yoga) <i>Sri M.</i> | | | |
| Les Mills Bodypump Castle REGISTER | | | | 6:00PM-7:00PM (Strength & Conditioning) <i>Megumi P.</i> | | | |
| Cycle Fit McInerney REGISTER | | | | | 6:15AM-7:00AM (Cycle) <i>Dominique R.</i> | 7:30AM-8:30AM (Cycle) <i>Andrew G.</i> | |
| MOSSA: Group Power Room 118 + Live Stream REGISTER | | | | | 8:30AM-9:30AM (Strength & Conditioning) <i>AJ S.</i> | 9:45AM-10:45AM (Strength & Conditioning) <i>Patty F.</i> | |
| Zumba Toning Founders + Live Stream REGISTER | | | | | 10:00AM-11:00AM (Cardio: Dance) <i>Janie N.</i> | | |
| Intersession Recreational Swim: 6 Lanes Pool | | | | | 12:30PM-2:30PM (Intersession Recreational Swim) | | |
| Full Court Volleyball: Family Friendly Gymnasium | | | | | 4:30PM-7:55PM (Volleyball) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|----------|--|---|--|
| Boxing Fitness Founders REGISTER | | | | | 6:00PM-7:00PM (Strength & Conditioning) <i>Mineyo M.</i> | | |
| Cardio Blast Room 118 + Live Stream REGISTER | | | | | | 8:00AM-9:00AM (Cardio) <i>Janie N.</i> | |
| LTS: 4 Lanes Pool | | | | | | 8:30AM-12:15PM (Learn To Swim (Lts)) 1:10PM-4:00PM (Learn To Swim (Lts)) | 9:00AM-2:30PM (Learn To Swim (Lts)) |
| Yogalates Castle REGISTER | | | | | | 8:45AM-9:45AM (Mind & Body: Yoga) <i>Susan H.</i> | |
| Pickleball: Courts 1 & 2 Free Play Gymnasium | | | | | | 9:00AM-11:55AM (Pickleball) | |
| Salsaerobics Room 118 REGISTER | | | | | | 12:30PM-1:30PM (Cardio: Dance) <i>Jonell D.</i> | |
| Lap Swim: 1 Lane Pool | | | | | | 1:10PM-4:00PM (Lap Swim) | |
| Court Closed for Y Program or Special Event Gymnasium = Pickleball Lessons | | | | | | | 9:00AM-2:55PM (Court Closed) |
| Zumba Castle REGISTER | | | | | | | 9:30AM-10:30AM (Cardio: Dance) <i>Kelly S.</i> |



Windward Y | June 1st - June 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|---|--|----------|--------|
| Lap Swim: 5 Lanes Pool | 6:00AM-8:00AM (Lap Swim) | 6:00AM-8:00AM (Lap Swim) | 6:00AM-8:00AM (Lap Swim) | 6:00AM-8:00AM (Lap Swim) | 6:00AM-8:00AM (Lap Swim) | | |
| Shallow Water Exercise: 1 Lane Pool | 6:00AM-8:00AM (Stationary Water Exercise) | 6:00AM-8:00AM (Stationary Water Exercise) | 6:00AM-8:00AM (Stationary Water Exercise) | 6:00AM-8:00AM (Stationary Water Exercise) | 6:00AM-8:00AM (Stationary Water Exercise) | | |
| Stretch & Relax: Family Friendly- 10yr+ with Parent Studio REGISTER | 6:00AM-6:55AM (Family Friendly) <i>Carla J.</i> | | 6:00AM-6:55AM (Family Friendly) <i>Carla J.</i> | | | | |
| Hi Lo Aerobics Courtyard + Live Stream REGISTER | 7:00AM-7:55AM (Cardio) <i>Susan M.</i> | | 7:00AM-7:55AM (Cardio) <i>Susan M.</i> | | | | |
| Aqua Fitness Class: 4 Lanes Pool | 8:00AM-8:55AM (Aqua Fitness Class) 9:00AM-9:55AM (Aqua Fitness Class) | 8:00AM-8:55AM (Aqua Fitness Class) 5:00PM-6:00PM (Aqua Fitness Class) | | 8:00AM-8:55AM (Aqua Fitness Class) 5:00PM-6:00PM (Aqua Fitness Class) | 9:00AM-9:55AM (Aqua Fitness Class) | | |
| Lap Swim: 2 Lanes Pool | 8:00AM-9:55AM (Lap Swim) 10:00AM-12:15PM (Lap Swim) | 8:00AM-8:55AM (Lap Swim) 10:00AM-11:00AM (Lap Swim) 2:30PM-7:00PM (Lap Swim) | 10:00AM-12:15PM (Lap Swim) | 8:00AM-8:55AM (Lap Swim) 10:00AM-11:00AM (Lap Swim) 2:30PM-7:00PM (Lap Swim) | 9:00AM-9:55AM (Lap Swim) 10:00AM-12:15PM (Lap Swim) | | |
| Aqua Zumba Pool REGISTER | 8:15AM-9:00AM (Aqua Fitness) <i>Betty Y.</i> 9:10AM-9:55AM (Aqua Fitness) <i>Betty Y.</i> | | | | | | |
| TRX Studio REGISTER | 8:15AM-9:15AM (Strength & Conditioning) <i>Chasen H.</i> | 5:30PM-6:15PM (Strength & Conditioning) <i>Robert B.</i> | 8:15AM-9:15AM (Strength & Conditioning) <i>Michelle S.</i> | 5:30PM-6:15PM (Strength & Conditioning) <i>Michelle S.</i> | 8:15AM-9:15AM (Strength & Conditioning) <i>Chasen H.</i> | | |
| MOSSA: Group Power Courtyard + Live Stream REGISTER | 8:15AM-9:15AM (Strength & Conditioning) <i>Amber K.</i> | 8:15AM-9:15AM (Strength & Conditioning) <i>Terri B.</i> | | | 9:30AM-10:30AM (Strength & Conditioning) <i>Amber K.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--|--|-------------------------------|
| The Drill Courtyard REGISTER | 9:30AM-10:30AM (HIIT) <i>Terri B.</i> 5:30PM-6:30PM (HIIT) <i>Michelle S.</i> | | | 5:30PM-6:15PM (HIIT) <i>Terri B.</i> | 5:30PM-6:15PM (HIIT) <i>Sally S.</i> | 9:30AM-10:15AM (HIIT) <i>Terri B.</i> | |
| Shallow Water Exercise: 2 Lanes Pool | 10:00AM-12:15PM (Stationary Water Exercise) 1:00PM-1:30PM (Stationary Water Exercise) | 10:00AM-2:30PM (Stationary Water Exercise) | 10:00AM-12:15PM (Stationary Water Exercise) 1:00PM-1:30PM (Stationary Water Exercise) | 10:00AM-2:30PM (Stationary Water Exercise) | 8:00AM-8:55AM (Stationary Water Exercise) 10:00AM-12:15PM (Stationary Water Exercise) 1:00PM-1:30PM (Stationary Water Exercise) | | |
| Intersession Recreational Swim: 2 Lanes Pool | 10:00AM-1:00PM (Intersession Recreational Swim) | | 10:00AM-1:00PM (Intersession Recreational Swim) | | 10:00AM-1:00PM (Intersession Recreational Swim) | | |
| Tai Chi: Sun Style 73 Studio REGISTER | 10:30AM-11:30AM (Mind & Body: Tai Chi) <i>Peggy S.</i> | | | | | | |
| Chair Yoga Courtyard + Live Stream REGISTER | 10:45AM-11:30AM (Mind & Body: Yoga) <i>Sarah C.</i> | | | | | | |
| Enhance Fitness Courtyard | 11:45AM-12:45PM (Kupuna) <i>Taysha B.</i> | | 11:45AM-12:45PM (Kupuna) <i>Robert B.</i> | | 11:45AM-12:45PM (Kupuna) <i>Melissa M.</i> | | |
| Vinyasa Yoga: Family Friendly- 10yr+ with Parent Studio REGISTER | 11:45AM-12:45PM (Family Friendly) <i>Sarah C.</i> | | | | | | |
| Aqua Fitness Class: 3 Lanes Pool | 12:15PM-1:00PM (Aqua Fitness Class) | | 12:15PM-1:00PM (Aqua Fitness Class) | | 12:15PM-1:00PM (Aqua Fitness Class) | | |
| Lap Swim: 1 Lane Pool | 12:15PM-1:00PM (Lap Swim) | | 12:15PM-1:00PM (Lap Swim) | | 12:15PM-1:00PM (Lap Swim) | 1:45PM-3:00PM (Lap Swim) | 12:00PM-12:30PM (Lap Swim) |
| Aqua Stretch Pool REGISTER | 12:15PM-1:00PM (Aqua Fitness) <i>Marti R.</i> | 9:00AM-9:55AM (Aqua Fitness) <i>Christine W.</i> | 12:15PM-1:00PM (Aqua Fitness) <i>Marti R.</i> | 9:00AM-9:55AM (Aqua Fitness) <i>Christine W.</i> | 12:15PM-1:00PM (Aqua Fitness) <i>Marti R.</i> | | |
| Small Group Training Session Fitness Center REGISTER | 1:00PM-2:00PM (Small Group Training) <i>David N.</i> | | | | | 11:00AM-12:00PM (Small Group Training) <i>David N.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|---|--|--|---------------------------------|
| Lap Swim: 4 Lanes Pool | 1:00PM-1:30PM (Lap Swim) 6:00PM-7:00PM (Lap Swim) | 11:00AM-2:30PM (Lap Swim) | 1:00PM-1:30PM (Lap Swim) 6:00PM-7:00PM (Lap Swim) | 11:00AM-2:30PM (Lap Swim) | 8:00AM-8:55AM (Lap Swim) 6:00PM-8:00PM (Lap Swim) | 12:15PM-1:45PM (Lap Swim) | 2:00PM-3:00PM (Lap Swim) |
| LTS: 4 Lanes Pool | 1:30PM-5:00PM (Learn To Swim (Lts)) | | 1:30PM-5:00PM (Learn To Swim (Lts)) | | 1:30PM-5:00PM (Learn To Swim (Lts)) | | |
| Family Swim: 2 Lanes Pool | 1:30PM-5:00PM (Family Swim) 6:00PM-7:00PM (Family Swim) | 2:30PM-5:00PM (Family Swim) 6:00PM-7:00PM (Family Swim) | 1:30PM-5:00PM (Family Swim) 6:00PM-7:00PM (Family Swim) | 2:30PM-5:00PM (Family Swim) 6:00PM-7:00PM (Family Swim) | 1:30PM-5:00PM (Family Swim) 6:00PM-8:00PM (Family Swim) | 12:15PM-1:45PM (Family Swim) | 12:30PM-3:00PM (Family Swim) |
| Guided Workout Reservation Fitness Center REGISTER | 2:30PM-3:30PM (Guided Workout) <i>Kurt V.</i> 3:30PM-4:30PM (Guided Workout) <i>Kurt V.</i> | 2:00PM-3:00PM (Guided Workout) <i>Kurt V.</i> 3:00PM-4:00PM (Guided Workout) <i>Kurt V.</i> | 2:30PM-3:30PM (Guided Workout) <i>Kurt V.</i> | 11:00AM-12:00PM (Guided Workout) <i>Kurt V.</i> 12:00PM-1:00PM (Guided Workout) <i>Kurt V.</i> 6:00PM-7:00PM (Guided Workout) <i>David N.</i> | | | |
| Zumba: Family Friendly- 10yr+ with Parent Courtyard + Live Stream REGISTER | 4:15PM-5:15PM (Family Friendly) <i>Maile L.</i> | | 9:30AM-10:30AM (Family Friendly) <i>Terumi K.</i> | | | 8:15AM-9:15AM (Family Friendly) <i>Michelle H.</i> | |
| Swim Team: 6 Lanes Pool | 5:00PM-6:00PM (Swim Team) | | 5:00PM-6:00PM (Swim Team) | | 5:00PM-6:00PM (Swim Team) | | |
| Vinyasa Yoga Studio + Live Stream REGISTER | 5:30PM-6:30PM (Mind & Body: Yoga) <i>Bernadette C.</i> | | | | | | |
| Lap Swim: 6 Lanes Pool | 7:00PM-9:00PM (Lap Swim) | 7:00PM-9:00PM (Lap Swim) | 7:00PM-9:00PM (Lap Swim) | 7:00PM-9:00PM (Lap Swim) | 8:00PM-9:00PM (Lap Swim) | 7:00AM-7:55AM (Lap Swim) | |
| Restorative Yoga: Family Friendly- 10yr+ with Parent Studio REGISTER | | 6:00AM-6:55AM (Family Friendly) <i>Stephanie S.</i> | | | 5:30PM-6:30PM (Family Friendly) <i>Stephanie S.</i> | | |
| MOSSA: Group Fight Courtyard REGISTER | | 7:00AM-8:00AM (Cardio) <i>Melissa M.</i> | | 8:15AM-9:15AM (Cardio) <i>Sally S.</i> | | | |
| Aqua Fit Pool REGISTER | | 8:00AM-8:55AM (Aqua Fitness) <i>Noni F.</i> 5:00PM-5:55PM (Aqua Fitness) <i>Michelle H.</i> | | 8:00AM-8:55AM (Aqua Fitness) <i>Betty Y.</i> 5:00PM-5:55PM (Aqua Fitness) <i>Irene H.</i> | 9:00AM-9:55AM (Aqua Fitness) <i>Irene H.</i> | 1:45PM-2:40PM (Aqua Fitness) <i>Betty Y.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|--|--|--|--|---|---|
| Cycle Fit Studio REGISTER | | 8:15AM-9:15AM (Cycle) <i>Michelle S.</i> | 5:30PM-6:30PM (Cycle) <i>Michelle S.</i> | 8:15AM-9:15AM (Cycle) <i>Amber K.</i> | | 8:15AM-9:00AM (Cycle) <i>Julie M.</i> | |
| Aqua Fitness Class: 6 Lanes Pool | | 9:00AM-9:55AM (Aqua Fitness Class) | 8:15AM-9:00AM (Aqua Fitness Class) 9:10AM-9:55AM (Aqua Fitness Class) | 9:00AM-9:55AM (Aqua Fitness Class) | | | |
| Dance Fitness: Family Friendly- 10yr+ with Parent Courtyard + Live Stream REGISTER | | 9:30AM-10:30AM (Family Friendly) <i>Kaipolani W.</i> | | | | | |
| LTS: 2 Lanes Pool | | 10:00AM-11:00AM (Learn To Swim (Lts)) 2:30PM-5:00PM (Learn To Swim (Lts)) 6:00PM-7:00PM (Learn To Swim (Lts)) | | 10:00AM-11:00AM (Learn To Swim (Lts)) 2:30PM-5:00PM (Learn To Swim (Lts)) 6:00PM-7:00PM (Learn To Swim (Lts)) | | 8:00AM-9:00AM (Learn To Swim (Lts)) | 12:30PM-2:00PM (Learn To Swim (Lts)) |
| Advanced Tai Chi- Yang Style Studio REGISTER | | 10:30AM-11:30AM (Mind & Body: Tai Chi) <i>Peggy S.</i> | | | 10:30AM-11:30AM (Mind & Body: Tai Chi) <i>Peggy S.</i> | | |
| Chair Fitness Courtyard REGISTER | | 10:45AM-11:30AM (Kupuna) <i>Kaipolani W.</i> | | | | | |
| PiYo Studio REGISTER | | 11:45AM-12:45PM (Mind & Body: Pilates/Barre) <i>Noni F.</i> | | | | | |
| Cardio: Drums Courtyard REGISTER | | 11:45AM-12:45PM (Cardio: Dance) <i>Demetrius B.</i> | | 11:45AM-12:45PM (Cardio: Dance) <i>Demetrius B.</i> | | | |
| High/Low: Family Friendly- 10yr+ with Parent Courtyard REGISTER | | 4:30PM-5:15PM (Family Friendly) <i>April A.</i> | | | | | |
| Zumba: Family Friendly- 10yr+ with Parent Courtyard REGISTER | | 5:30PM-6:30PM (Family Friendly) <i>Ann S.</i> | 4:30PM-5:20PM (Family Friendly) <i>Michelle H.</i> | | 4:30PM-5:20PM (Family Friendly) <i>Ann S.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|--|--|--|------------------------------|--------|
| Aqua Fit: Dance Pool REGISTER | | | 8:15AM-9:00AM (Aqua Fitness) <i>Kaipolani W.</i> 9:10AM-9:55AM (Aqua Fitness) <i>Kaipolani W.</i> | | | | |
| Vinyasa Yoga: Family Friendly- 10yr+ with Parent Courtyard + Live Stream REGISTER | | | 8:15AM-9:15AM (Family Friendly) <i>Sarah C.</i> | | 8:15AM-9:15AM (Family Friendly) <i>Sarah C.</i> | | |
| Parkinson's Class Courtyard REGISTER | | | 10:45AM-11:30AM (Kupuna) <i>Derrick K.</i> | | | | |
| Gentle Yoga Studio REGISTER | | | 11:45AM-12:45PM (Mind & Body: Yoga) <i>Derrick K.</i> | | | | |
| Total Body Conditioning Courtyard + Live Stream REGISTER | | | | 9:30AM-10:30AM (Strength & Conditioning) <i>Amber K.</i> | 7:00AM-8:00AM (Strength & Conditioning) <i>Terri B.</i> | | |
| Silver & Fit Courtyard + Live Stream REGISTER | | | | 10:45AM-11:30AM (Kupuna) <i>Demetrius B.</i> | | | |
| Slow Flow Vinyasa Yoga Studio REGISTER | | | | 11:45AM-12:45PM (Mind & Body: Yoga) <i>Amber K.</i> | | | |
| High Fitness: Tone-Family Friendly- 10yr+ with Parent Courtyard REGISTER | | | | 4:30PM-5:15PM (Family Friendly) <i>April A.</i> | | | |
| Aqua Tai Chi Pool REGISTER | | | | | 8:00AM-8:55AM (Aqua Fitness) <i>Member L.</i> | | |
| Silver & Fit Courtyard REGISTER | | | | | 10:45AM-11:30AM (Kupuna) <i>Melissa M.</i> | | |
| Slow Flow Vinyasa Yoga Studio + Live Stream REGISTER | | | | | 11:45AM-12:45PM (Mind & Body: Yoga) <i>Bernadette C.</i> | | |
| Small Group Training Session Facility REGISTER | | | | | 1:00PM-2:00PM (Small Group Training) <i>David N.</i> | | |
| Swim Team: 4 Lanes Pool | | | | | | 8:00AM-9:00AM (Swim Team) | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---------------|----------------|------------------|-----------------|---------------|--|---|
| LTS: 6 Lanes Pool | | | | | | 9:00AM-12:15PM (Learn To Swim (Lts)) 9:00AM-12:15PM (Learn To Swim (Lts)) | |
| PiYo Chair Courtyard REGISTER | | | | | | 10:30AM-11:30AM (Mind & Body: Pilates/Barre) <i>Noni F.</i> | |
| Slow Flow Vinyasa Yoga: Family Friendly- 10yr+ with Parent Studio REGISTER | | | | | | 11:45AM-12:45PM (Family Friendly) <i>Sarah C.</i> | |
| Aqua Fitness Class: 5 Lanes Pool | | | | | | 1:45PM-2:45PM (Aqua Fitness Class) | |
| Lap Swim: 3 Lanes Pool | | | | | | | 9:00AM-12:30PM (Lap Swim) |
| LTS: 3 Lanes Pool | | | | | | | 9:00AM-12:00PM (Learn To Swim (Lts)) |
| Mermaids: 2 Lanes Pool | | | | | | | 12:00PM-2:00PM (Mermaids) |



Mililani West Oahu Y | June 1st - June 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|---|---|---|--------|
| Lap Swim/Water Exercise/Private Swim: 4 Lanes Pool | 6:00AM-8:45AM (Lap Swim/Water Exercise/Private Swim) 10:10AM-12:00PM (Lap Swim/Water Exercise/Private Swim) 2:15PM-2:45PM (Lap Swim/Water Exercise/Private Swim) | 6:00AM-8:45PM (Lap Swim/Water Exercise/Private Swim) 10:10AM-11:15AM (Lap Swim/Water Exercise/Private Swim) 2:15PM-2:45PM (Lap Swim/Water Exercise/Private Swim) | 6:00AM-8:45AM (Lap Swim/Water Exercise/Private Swim) 11:00AM-12:00PM (Lap Swim/Water Exercise/Private Swim) | 6:00AM-8:45AM (Lap Swim/Water Exercise/Private Swim) 10:10AM-11:15AM (Lap Swim/Water Exercise/Private Swim) 2:15PM-2:45PM (Lap Swim/Water Exercise/Private Swim) | 6:00AM-8:45AM (Lap Swim/Water Exercise/Private Swim) 10:10AM-12:45PM (Lap Swim/Water Exercise/Private Swim) 2:15PM-2:45PM (Lap Swim/Water Exercise/Private Swim) | | |
| 2 Courts Pickleball or Half Court Basketball Basketball Court | 6:00AM-8:00PM (Open Play) | 6:00AM-8:00PM (Open Play) | 6:00AM-8:00PM (Open Play) | 6:00AM-8:00PM (Open Play) | 6:00AM-1:00PM (Open Play) | 8:00AM-2:00PM (Open Play) | |
| Guided Workout Reservation Fitness Center REGISTER | 6:00AM-7:00AM (Guided Workout) 7:00AM-8:00AM (Guided Workout) 8:00AM-9:00AM (Guided Workout) | | 6:00AM-7:00AM (Guided Workout) 7:00AM-8:00AM (Guided Workout) 8:00AM-9:00AM (Guided Workout) | | 6:00AM-7:00AM (Guided Workout) 7:00AM-8:00AM (Guided Workout) 8:00AM-9:00AM (Guided Workout) | | |
| MOSSA: Group Fight MPR (Multi-purpose Room) REGISTER | 8:00AM-9:00AM (Cardio) <i>Nova P.</i> | | 9:15AM-10:15AM (Cardio) <i>Nova P.</i> | 4:00PM-4:45PM (Cardio) <i>Milena C.</i> | 8:00AM-9:00AM (Cardio) <i>Nova P.</i> | | |
| Aqua Fitness Class: 4 Lanes Pool | 9:00AM-9:50AM (Aqua Fitness Class) <i>Ryoko F.</i> | 9:00AM-10:00AM (Aqua Fitness Class) <i>Candace M.</i> 6:45PM-7:45PM (Aqua Fitness Class) <i>Joni A.</i> | 9:00AM-9:50AM (Aqua Fitness Class) <i>Joni A.</i> | 9:00AM-10:00AM (Aqua Fitness Class) 6:45PM-7:45PM (Aqua Fitness Class) <i>Joni A.</i> | 9:00AM-10:00AM (Aqua Fitness Class) <i>Joni A.</i> | | |
| Aqua Fit: Dance Pool REGISTER | 9:00AM-9:50AM (Aqua Fitness) <i>Ryoko F.</i> | | | | | | |
| Tai Chi: Yang Style for Beginners Level 1 MPR (Multi-purpose Room) REGISTER | 9:15AM-10:15AM (Mind & Body: Tai Chi) <i>Ellie H.</i> | | | | | 9:00AM-10:00AM (Mind & Body: Tai Chi) <i>Ellie H.</i> | |
| Chair Zumba MPR + Live Stream REGISTER | 10:30AM-11:30AM (Cardio: Dance) <i>Ryoko F.</i> | | 10:30AM-11:30AM (Cardio: Dance) <i>Ryoko F.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|---|--|--|---------------|
| Zumba MPR + Live Stream REGISTER | 11:45AM-12:45PM (Cardio: Dance) <i>Ryoko F.</i> | 11:00AM-12:00PM (Cardio: Dance) <i>Makiko S.</i> | | | | | |
| LTS: 4 Lanes Pool | 12:00PM-12:45PM (Learn To Swim (Lts)) 3:00PM-6:30PM (Learn To Swim (Lts)) | 3:00PM-5:30PM (Learn To Swim (Lts)) | 10:15AM-10:45AM (Learn To Swim (Lts)) 12:00PM-12:45PM (Learn To Swim (Lts)) 3:00PM-5:30PM (Learn To Swim (Lts)) | 3:00PM-5:30PM (Learn To Swim (Lts)) | | 8:45AM-2:15PM (Learn To Swim (Lts)) 3:30PM-4:00PM (Learn To Swim (Lts)) | |
| Summer Day Camp Recreational Swim: 4 Lanes Pool | 1:00PM-2:00PM (Summer Day Camp Recreational Swim) | 11:30AM-2:00PM (Summer Day Camp Recreational Swim) | 1:00PM-2:00PM (Summer Day Camp Recreational Swim) | 11:30AM-2:00PM (Summer Day Camp Recreational Swim) | 1:00PM-2:00PM (Summer Day Camp Recreational Swim) | | |
| Barre MPR (Multi-purpose Room) REGISTER | 2:45PM-3:45PM (Mind & Body: Pilates/Barre) <i>Janine S.</i> | | | | | | |
| Vinyasa Yoga MPR (Multi-purpose Room) REGISTER | 4:00PM-5:00PM (Mind & Body: Yoga) <i>Kelly B.</i> | | 8:00AM-9:00AM (Mind & Body: Yoga) <i>Kelly B.</i> | | | | |
| Small Group Training Session Fitness Center REGISTER | 5:00PM-6:00PM (Small Group Training) | | | | | | |
| Swim Team: 2 Lanes Pool | 5:30PM-6:30PM (Swim Team) | | | 5:30PM-6:30PM (Swim Team) | | | |
| MOSSA: Group Power MPR (Multi-purpose Room) REGISTER | 5:30PM-6:25PM (Strength & Conditioning) <i>Valerie O.</i> | | 6:15AM-7:15AM (Strength & Conditioning) <i>Valerie O.</i> | | | | |
| Lap Swim/Water Exercise/Private Swim: 2 Lanes Pool | 6:45PM-7:45PM (Lap Swim/Water Exercise/Private Swim) | | 6:45PM-7:45PM (Lap Swim/Water Exercise/Private Swim) | 5:30PM-6:30PM (Lap Swim/Water Exercise/Private Swim) | 3:00PM-5:15PM (Lap Swim/Water Exercise/Private Swim) 6:45PM-7:45PM (Lap Swim/Water Exercise/Private Swim) | | |
| Slow Flow Vinyasa Yoga MPR + Live Stream REGISTER | | 6:10AM-7:00AM (Mind & Body: Yoga) <i>Rachel H.</i> | | | | | |
| Salsaerobics MPR (Multi-purpose Room) REGISTER | | 7:15AM-8:15AM (Cardio: Dance) <i>Jonell D.</i> | | | | 10:10AM-11:10AM (Cardio: Dance) <i>Jonell D.</i> | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---|---|--|--|------------------------------|--------|
| Aqua Fit Pool REGISTER | | 9:00AM-10:00AM (Aqua Fitness) <i>Steven L.</i> 6:45PM-7:45PM (Aqua Fitness) <i>Joni A.</i> | 9:00AM-10:00AM (Aqua Fitness) <i>Joni A.</i> | 6:45PM-7:45PM (Aqua Fitness) <i>Joni A.</i> | 9:00AM-10:00AM (Aqua Fitness) <i>Joni A.</i> | | |
| Silver & Fit MPR (Multi-purpose Room) REGISTER | | 9:45AM-10:30AM (Kupuna) <i>Marilyn S.</i> | | | | | |
| Ultra Beginner Line Dance MPR (Multi-purpose Room) REGISTER | | 12:10PM-1:10PM (Cardio: Dance) <i>Kara Y.</i> | | | | | |
| Improver Line Dancing MPR (Multi-purpose Room) REGISTER | | 2:00PM-3:00PM (Cardio: Dance) <i>Laurie T.</i> | | | | | |
| Tabata MPR (Multi-purpose Room) REGISTER | | 4:15PM-5:00PM (HIIT) <i>Nova P.</i> | | | | | |
| Swim Team: 4 Lanes Pool | | 5:30PM-6:30PM (Swim Team) | 5:30PM-6:30PM (Swim Team) | | 5:30PM-6:30PM (Swim Team) | 2:15PM-3:15PM (Swim Team) | |
| Stretch & Relax MPR (Multi-purpose Room) REGISTER | | | 11:45AM-12:45PM (Recovery) <i>Janine S.</i> | | | | |
| Kazaxe MPR (Multi-purpose Room) REGISTER | | | 4:00PM-5:00PM (Cardio: Dance) <i>Shannon A.</i> | | | | |
| Total Body Circuit MPR + Live Stream REGISTER | | | 5:15PM-6:15PM (Strength & Conditioning) <i>Dominique R.</i> | | | | |
| Gentle Yoga MPR + Live Stream REGISTER | | | | 6:10AM-7:00AM (Mind & Body: Yoga) <i>Rachel H.</i> | | | |
| TRX MPR (Multi-purpose Room) REGISTER | | | | 8:00AM-8:50AM (Strength & Conditioning) <i>Nova P.</i> | | | |
| Aqua Fit: Boot Camp Pool REGISTER | | | | 9:00AM-10:00AM (Aqua Fitness) <i>Steven L.</i> | | | |
| Y360 Fall Prevention Series Part One MPR (Multi-purpose Room) REGISTER | | | | 9:30AM-10:30AM (POP-UP Fitness Class) <i>Maisha A.</i> | | | |
| Zumba Toning MPR (Multi-purpose Room) REGISTER | | | | 11:45AM-12:45PM (Cardio: Dance) <i>Genell P.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|---|---|----------|--|
| Practice Class: Yang Style Tai Chi, Level 1 MPR (Multi-purpose Room) REGISTER | | | | 1:00PM-2:00PM (Mind & Body: Tai Chi) <i>Ellie H.</i> | | | |
| Total Body Conditioning MPR (Multi-purpose Room) REGISTER | | | | 5:15PM-6:15PM (Strength & Conditioning) <i>May D.</i> | 9:15AM-10:15AM (Strength & Conditioning) <i>Nova P.</i> | | |
| Zumba Gold MPR + Live Stream REGISTER | | | | | 10:30AM-11:30AM (Kupuna) <i>Makiko S.</i> | | |
| Beginner Line Dance MPR (Multi-purpose Room) REGISTER | | | | | 2:15PM-3:15PM (Cardio: Dance) <i>Kara Y.</i> | | |
| Family Swim: 2 Lanes Pool | | | | | 3:00PM-5:15PM (Family Swim) | | |
| Total Body Circuit MPR (Multi-purpose Room) REGISTER | | | | | 5:30PM-6:25PM (Strength & Conditioning) <i>May D.</i> | | |
| PiYo Live Stream Only | | | | | | | 8:00AM-9:15AM (Mind & Body: Pilates/Barre) <i>Dominique R.</i> |



Kaimukī-Wai‘alae Y | June 1st - June 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
|--|--|---|---|---|---|---|--------|--|
| Lap Swim/Water Exercise/Private Swim: 4 Lanes Pool | 6:00AM-6:50AM (Lap Swim/Water Exercise/Private Swim) 7:00AM-7:50AM (Lap Swim/Water Exercise/Private Swim) 8:00AM-8:50AM (Lap Swim/Water Exercise/Private Swim) 11:00AM-11:50AM (Lap Swim/Water Exercise/Private Swim) 12:00PM-12:50PM (Lap Swim/Water Exercise/Private Swim) 1:00PM-1:50PM (Lap Swim/Water Exercise/Private Swim) 2:00PM-2:50PM (Lap Swim/Water Exercise/Private Swim) 6:00PM-8:00PM (Lap Swim/Water Exercise/Private Swim) | 6:00AM-6:50AM (Lap Swim/Water Exercise/Private Swim) 7:00AM-7:50AM (Lap Swim/Water Exercise/Private Swim) 11:00AM-11:50AM (Lap Swim/Water Exercise/Private Swim) 12:00PM-12:50PM (Lap Swim/Water Exercise/Private Swim) 1:00PM-1:50PM (Lap Swim/Water Exercise/Private Swim) 2:00PM-2:50PM (Lap Swim/Water Exercise/Private Swim) 7:00PM-8:00PM (Lap Swim/Water Exercise/Private Swim) | 6:00AM-6:50AM (Lap Swim/Water Exercise/Private Swim) 7:00AM-7:50AM (Lap Swim/Water Exercise/Private Swim) 11:00AM-11:50AM (Lap Swim/Water Exercise/Private Swim) 12:00PM-12:50PM (Lap Swim/Water Exercise/Private Swim) 1:00PM-1:50PM (Lap Swim/Water Exercise/Private Swim) 2:00PM-2:50PM (Lap Swim/Water Exercise/Private Swim) 7:00PM-8:00PM (Lap Swim/Water Exercise/Private Swim) | 6:00AM-6:50AM (Lap Swim/Water Exercise/Private Swim) 7:00AM-7:50AM (Lap Swim/Water Exercise/Private Swim) 11:00AM-11:50AM (Lap Swim/Water Exercise/Private Swim) 12:00PM-12:50PM (Lap Swim/Water Exercise/Private Swim) 1:00PM-1:50PM (Lap Swim/Water Exercise/Private Swim) 2:00PM-2:50PM (Lap Swim/Water Exercise/Private Swim) 7:00PM-8:00PM (Lap Swim/Water Exercise/Private Swim) | 6:00AM-6:50AM (Lap Swim/Water Exercise/Private Swim) 7:00AM-7:50AM (Lap Swim/Water Exercise/Private Swim) 11:00AM-11:50AM (Lap Swim/Water Exercise/Private Swim) 12:00PM-12:50PM (Lap Swim/Water Exercise/Private Swim) 1:00PM-1:50PM (Lap Swim/Water Exercise/Private Swim) 2:00PM-2:50PM (Lap Swim/Water Exercise/Private Swim) 7:00PM-8:00PM (Lap Swim/Water Exercise/Private Swim) | 6:00AM-6:50AM (Lap Swim/Water Exercise/Private Swim) 7:00AM-7:50AM (Lap Swim/Water Exercise/Private Swim) 11:00AM-11:50AM (Lap Swim/Water Exercise/Private Swim) 12:00PM-12:50PM (Lap Swim/Water Exercise/Private Swim) 1:00PM-1:50PM (Lap Swim/Water Exercise/Private Swim) 2:00PM-2:50PM (Lap Swim/Water Exercise/Private Swim) 7:00PM-8:00PM (Lap Swim/Water Exercise/Private Swim) | | |
| Guided Workout Request Fitness Center | 6:00AM-4:00PM (Guided Workout) | 6:00AM-4:00PM (Guided Workout) | 6:00AM-4:00PM (Guided Workout) | 6:00AM-4:00PM (Guided Workout) | 6:00AM-4:00PM (Guided Workout) | 9:00AM-12:00PM (Guided Workout) | | |
| MOSSA: Group Power GX Studio REGISTER | 6:05AM-6:50AM (Strength & Conditioning) <i>Priscilla K.</i> 4:15PM-5:15PM (Strength & Conditioning) <i>Cat F.</i> | | 6:05AM-6:50AM (Strength & Conditioning) <i>Priscilla K.</i> | | 5:15PM-6:15PM (Strength & Conditioning) <i>Cat F.</i> | | | |
| Jazzercise GX Studio + Live Stream REGISTER | 8:00AM-9:00AM (Cardio: Dance) <i>Caroline D.</i> 9:15AM-10:15AM (Cardio: Dance) <i>Caroline D.</i> | | 8:00AM-9:00AM (Cardio: Dance) <i>Caroline D.</i> 9:15AM-10:15AM (Cardio: Dance) <i>Caroline D.</i> | | 8:00AM-9:00AM (Cardio: Dance) <i>Caroline D.</i> 9:15AM-10:15AM (Cardio: Dance) <i>Caroline D.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|--|--|---------------|
| Aqua Fitness Class: Deep End Pool | 9:00AM-9:50AM (Aqua Fitness Class) 10:00AM-10:50AM (Aqua Fitness Class) | | | | | 5:00PM-5:50PM (Aqua Fitness Class) <i>Debra G.</i> | |
| Aqua Fit: Deep Water Pool REGISTER | 9:00AM-9:50AM (Aqua Fitness) <i>Kathy L.</i> 5:00PM-5:50PM (Aqua Fitness) <i>Debra G.</i> | | | | | 5:00PM-5:50PM (Aqua Fitness) <i>Debra G.</i> | |
| Aqua Fit: Light Pool REGISTER | 10:00AM-10:50AM (Aqua Fitness) <i>Kathy L.</i> | 10:00AM-10:50AM (Aqua Fitness) <i>Kathy L.</i> | | 10:00AM-10:50AM (Aqua Fitness) <i>Kathy L.</i> | | | |
| Zumba GX Studio + Live Stream REGISTER | 10:30AM-11:30AM (Cardio: Dance) <i>Kennie H.</i> | 12:00PM-1:00PM (Cardio: Dance) <i>Melinda G.</i> | 10:30AM-11:30AM (Cardio: Dance) <i>Kennie H.</i> 5:15PM-6:15PM (Cardio: Dance) <i>Kelly S.</i> | 12:00PM-1:00PM (Cardio: Dance) <i>Melinda G.</i> | 10:30AM-11:30AM (Cardio: Dance) <i>Melinda G.</i> | | |
| Vinyasa Yoga GX Studio + Live Stream REGISTER | 11:45AM-12:45PM (Mind & Body: Yoga) <i>Cristina W.</i> | | 11:45AM-12:45PM (Mind & Body: Yoga) <i>Cristina W.</i> | | 11:45AM-12:45PM (Mind & Body: Yoga) <i>Lara R.</i> | 10:45AM-11:45AM (Mind & Body: Yoga) <i>Cristina W.</i> | |
| Tai Chi for Arthritis & Fall Prevention GX Studio REGISTER | 1:00PM-2:00PM (Mind & Body: Tai Chi) <i>Elizabeth P.</i> | | 1:00PM-2:00PM (Mind & Body: Tai Chi) <i>Elizabeth P.</i> | | 1:00PM-2:00PM (Mind & Body: Tai Chi) <i>Elizabeth P.</i> | | |
| Enhance Fitness GX Studio | 2:15PM-3:15PM (Kupuna) <i>Michele H.</i> | | 2:15PM-3:15PM (Kupuna) <i>Michele H.</i> | | 2:15PM-3:15PM (Kupuna) <i>Susan H.</i> | | |
| LTS: 5 Lanes Pool | 3:00PM-5:00PM (Learn To Swim (Lts)) | 3:00PM-6:00PM (Learn To Swim (Lts)) | 3:00PM-6:00PM (Learn To Swim (Lts)) | 3:00PM-6:00PM (Learn To Swim (Lts)) | 3:00PM-6:00PM (Learn To Swim (Lts)) | 10:00AM-5:00PM (Learn To Swim (Lts)) | |
| Aqua Fitness Class: 5 Lanes Pool | 5:00PM-5:50PM (Aqua Fitness Class) | | | | | | |
| Salsaerobics: Family Friendly- 10yr+ with Parent GX Studio REGISTER | 5:30PM-6:30PM (Family Friendly) <i>Jonell D.</i> | | | | | | |
| Family Swim: 1 Lane Pool | 6:00PM-8:00PM (Family Swim) | 7:00PM-7:50PM (Family Swim) | 7:00PM-8:00PM (Family Swim) | 7:00PM-8:00PM (Family Swim) | 7:00PM-8:00PM (Family Swim) | | |
| Tai Chi GX Studio + Live Stream REGISTER | | 6:45AM-8:00AM (Mind & Body: Tai Chi) <i>Limin S.</i> | | 6:45AM-8:00AM (Mind & Body: Tai Chi) <i>Limin S.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|--|---|---|---|--|--------|
| Aqua Fitness Class: Shallow End Pool | | 8:00AM-8:50AM (Aqua Fitness Class) 9:00AM-9:50AM (Aqua Fitness Class) 10:00AM-10:50AM (Aqua Fitness Class) | 8:00AM-8:45AM (Aqua Fitness Class) 9:00AM-9:45AM (Aqua Fitness Class) 10:00AM-10:45AM (Aqua Fitness Class) | 8:00AM-8:50AM (Aqua Fitness Class) 9:00AM-9:50AM (Aqua Fitness Class) 10:00AM-10:50AM (Aqua Fitness Class) | 8:00AM-8:45AM (Aqua Fitness Class) <i>Lauren M.</i> 9:00AM-9:45AM (Aqua Fitness Class) <i>Lauren M.</i> 10:00AM-10:45AM (Aqua Fitness Class) <i>Lauren M.</i> | 8:00AM-8:50AM (Aqua Fitness Class) 9:00AM-9:50AM (Aqua Fitness Class) | |
| Aqua Zumba Pool REGISTER | | 8:00AM-8:50AM (Aqua Fitness) <i>Kennie H.</i> | | 8:00AM-9:00AM (Aqua Fitness) <i>Mayumi F.</i> | | 8:00AM-8:50AM (Aqua Fitness) <i>Priscilla K.</i> 9:00AM-9:50AM (Aqua Fitness) <i>Priscilla K.</i> | |
| Chair Yoga GX Studio + Live Stream REGISTER | | 8:15AM-9:15AM (Mind & Body: Yoga) <i>Kathy L.</i> | | 8:15AM-9:15AM (Mind & Body: Yoga) <i>Kathy L.</i> | | 9:30AM-10:30AM (Mind & Body: Yoga) <i>Kathy L.</i> | |
| Aqua Tai Chi Pool REGISTER | | 9:00AM-9:50AM (Aqua Fitness) <i>Member-Led</i> | | 9:00AM-10:00AM (Aqua Fitness) <i>Member-Led</i> | | | |
| Silver & Fit GX Studio + Live Stream REGISTER | | 9:30AM-10:30AM (Kupuna) <i>Yoli D.</i> 10:45AM-11:45AM (Kupuna) <i>Yoli D.</i> 2:30PM-3:30PM (Kupuna) <i>Yoli D.</i> | | 9:30AM-10:30AM (Kupuna) <i>Yoli D.</i> 10:45AM-11:45AM (Kupuna) <i>Yoli D.</i> | | | |
| Gentle Yoga GX Studio + Live Stream REGISTER | | 1:15PM-2:15PM (Mind & Body: Yoga) <i>Lara R.</i> | | 1:15PM-2:15PM (Mind & Body: Yoga) <i>Lara R.</i> | | | |
| Swim Team: 5 Lanes Pool | | 6:00PM-7:00PM (Swim Team) | 6:00PM-7:00PM (Swim Team) | 6:00PM-7:00PM (Swim Team) | 6:00PM-7:00PM (Swim Team) | | |
| Aqua Fit Pool REGISTER | | | 8:00AM-8:45AM (Aqua Fitness) <i>Lauren M.</i> 9:00AM-9:45AM (Aqua Fitness) <i>Lauren M.</i> 10:00AM-10:45AM (Aqua Fitness) <i>Lauren M.</i> | | 8:00AM-8:45AM (Aqua Fitness) <i>Lauren M.</i> 9:00AM-9:45AM (Aqua Fitness) <i>Lauren M.</i> 10:00AM-10:45AM (Aqua Fitness) <i>Lauren M.</i> | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|--|--|---|--|--------|
| Family Zumba: 4+ with Parent Outdoor Pavillion | | | 2:00PM-3:00PM (Family Friendly) <i>Kennie H.</i> | | | | |
| Family Yoga: 4yr+ with Parent Flex Room (Room 2) REGISTER | | | 5:00PM-6:00PM (Family Friendly) <i>Lara R.</i> | | | | |
| Tai Chi GX Studio REGISTER | | | | 2:30PM-3:30PM (Mind & Body: Tai Chi) <i>Member-Led</i> | | | |
| Intro to MOSSA: Group Power GX Studio REGISTER | | | | | 4:30PM-5:00PM (Strength & Conditioning) <i>Cat F.</i> | | |
| Sculpt & Burn GX Studio + Live Stream REGISTER | | | | | | 8:00AM-9:00AM (Cardio) <i>Kathy L.</i> 8:30PM-9:15AM (Cardio) <i>Rosalie M.</i> | |
| Small Group Training Session Fitness Center REGISTER | | | | | | 10:30AM-12:00PM (Small Group Training) <i>Bryan S.</i> | |



Leeward Y | June 1st - June 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|--|--|--|
| Lap Swim: 6 Lanes Pool - Lap Swim | 6:00AM-9:00AM (Lap Swim) | 6:00AM-9:00AM (Lap Swim) 2:00PM-3:00PM (Lap Swim) | 6:00AM-9:00AM (Lap Swim) 2:00PM-3:00PM (Lap Swim) 5:00PM-6:00PM (Lap Swim) | 6:00AM-9:00AM (Lap Swim) 2:00PM-3:00PM (Lap Swim) 5:00PM-7:00PM (Lap Swim) | 6:00AM-9:00AM (Lap Swim) 2:00PM-3:00PM (Lap Swim) 5:00PM-6:00PM (Lap Swim) | 7:00AM-8:45AM (Lap Swim) | |
| Guided Workout Reservation Fitness Center REGISTER | 8:00AM-9:00AM (Guided Workout) 9:00AM-10:00AM (Guided Workout) 10:00AM-11:00AM (Guided Workout) 11:00AM-12:00PM (Guided Workout) 12:00PM-1:00PM (Guided Workout) 1:00PM-2:00PM (Guided Workout) 2:00PM-3:00PM (Guided Workout) 3:00PM-4:00PM (Guided Workout) 4:00PM-5:00PM (Guided Workout) 5:00PM-6:00PM (Guided Workout) 6:00PM-7:00PM (Guided Workout) | 8:00AM-9:00AM (Guided Workout) 9:00AM-10:00AM (Guided Workout) 10:00AM-11:00AM (Guided Workout) 12:00PM-1:00PM (Guided Workout) 1:00PM-2:00PM (Guided Workout) 2:00PM-3:00PM (Guided Workout) 3:00PM-4:00PM (Guided Workout) 4:00PM-5:00PM (Guided Workout) 5:00PM-6:00PM (Guided Workout) | 8:00AM-9:00AM (Guided Workout) 9:00AM-10:00AM (Guided Workout) 10:00AM-11:00AM (Guided Workout) 11:00AM-12:00PM (Guided Workout) 12:00PM-1:00PM (Guided Workout) 1:00PM-2:00PM (Guided Workout) 2:00PM-3:00PM (Guided Workout) 3:00PM-4:00PM (Guided Workout) 4:00PM-5:00PM (Guided Workout) 5:00PM-6:00PM (Guided Workout) 6:00PM-7:00PM (Guided Workout) | 8:00AM-9:00AM (Guided Workout) 9:00AM-10:00AM (Guided Workout) 10:00AM-11:00AM (Guided Workout) 11:00AM-12:00PM (Guided Workout) 12:00PM-1:00PM (Guided Workout) 1:00PM-2:00PM (Guided Workout) | 8:00AM-9:00AM (Guided Workout) 9:00AM-10:00AM (Guided Workout) 10:00AM-11:00AM (Guided Workout) 11:00AM-12:00PM (Guided Workout) 12:00PM-1:00PM (Guided Workout) 1:00PM-2:00PM (Guided Workout) | 8:00AM-9:00AM (Guided Workout) 9:00AM-10:00AM (Guided Workout) 10:00AM-11:00AM (Guided Workout) 11:00AM-12:00PM (Guided Workout) 12:00PM-1:00PM (Guided Workout) 1:00PM-2:00PM (Guided Workout) | 10:00AM-11:00AM (Guided Workout) 12:00PM-1:00PM (Guided Workout) 1:00PM-2:00PM (Guided Workout) |
| Lo Cardio/Weights InStudio REGISTER | 8:00AM-9:00AM (Strength & Conditioning) <i>Art R.</i> | | | | 8:00AM-9:00AM (Strength & Conditioning) <i>Art R.</i> | | |
| Silver & Fit Studio 2 REGISTER | 8:00AM-9:00AM (Kupuna) <i>Tina M.</i> | | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|---|---|---|--------|
| CLOSED- Y Program/Special Function Studio 2 | 1:30PM-4:30PM (Facility Closed) <i>Volunteer</i> | 1:30PM-4:30PM (Facility Closed) <i>Volunteer</i> | 1:30PM-4:30PM (Facility Closed) <i>Volunteer</i> | 1:30PM-4:00PM (Facility Closed) <i>Volunteer</i> 4:00PM-7:00PM (Facility Closed) <i>Leeward W.</i> | 1:30PM-4:30PM (Facility Closed) <i>Volunteer</i> | | |
| Lap Swim: 5 Lanes Pool - Lap Swim | 2:00PM-3:00PM (Swim Team) | | | | | | |
| Dance Fitness Studio 2 REGISTER | 5:00PM-6:00PM (Cardio: Dance) <i>Eleyne F.</i> | | | | 5:00PM-6:00PM (Cardio: Dance) <i>Eleyne F.</i> | | |
| Strength Training Studio 1 REGISTER | 5:15PM-6:15PM (Strength & Conditioning) <i>Matt A.</i> | | | 5:15PM-6:15PM (Strength & Conditioning) <i>Matt A.</i> | | | |
| Lap Swim: 2 Lanes Pool - Lap Swim | 6:00PM-7:00PM (Lap Swim) | | | | | 10:00AM-1:30PM (Lap Swim) | |
| Aqua Fitness Class: 3 Lanes Pool - Group Exercise | 6:00PM-7:00PM (Aqua Fitness Class) | | | | | 9:00AM-10:00AM (Aqua Fitness Class) | |
| Swim Team: 2 Lanes Pool - YMCA Program | 6:00PM-7:00PM (Swim Team) | | 6:00PM-7:00PM (Swim Team) | | 6:00PM-7:00PM (Swim Team) | | |
| Aqua Zumba Pool - Group Exercise REGISTER | 6:00PM-7:00PM (Aqua Fitness) <i>Yavonya M.</i> | | 9:00AM-9:50AM (Aqua Fitness) <i>K'i'i K.</i> | | 9:00AM-10:00AM (Aqua Fitness) <i>Ryoko F.</i> 6:00PM-7:00PM (Aqua Fitness) <i>Yavonya M.</i> | 9:00AM-10:00AM (Aqua Fitness) <i>Yavonya M.</i> | |
| Zumba + Weights Studio 1 REGISTER | 6:30PM-7:30PM (Cardio: Dance) <i>K'i'i K.</i> | | | | | | |
| Tai Chi: Sun Style 73 Studio 2 REGISTER | | 8:00AM-9:00AM (Mind & Body: Tai Chi) <i>Volunteer</i> | | | | | |
| Total Body Conditioning Studio 1 REGISTER | | 8:00AM-8:45AM (Strength & Conditioning) <i>Jordan C.</i> | | | | | |
| Boot Camp Outdoor REGISTER | | 9:00AM-10:00AM (HIIT) <i>Jordan C.</i> 5:15PM-6:15PM (HIIT) <i>Jo C.</i> | | 9:00AM-10:00AM (HIIT) <i>Jordan C.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|--|--|--|---|--------|
| Tai Chi for Arthritis & Fall Prevention Studio 1 REGISTER | | 9:15AM-10:15AM (Mind & Body: Tai Chi) <i>Volunteer</i> | | 9:15AM-10:15AM (Mind & Body: Tai Chi) <i>Volunteer</i> | | | |
| Low Impact Cardio Studio 2 REGISTER | | 9:15AM-10:00AM (Cardio) <i>Jo C.</i> | | | | | |
| Summer Day Camp Recreational Swim: 4 Lanes Pool - YMCA Program | | 10:00AM-12:00PM (Summer Day Camp Recreational Swim) | | 10:00AM-12:00PM (Summer Day Camp Recreational Swim) | | | |
| Total Body Conditioning Studio 2 REGISTER | | 10:30AM-11:30AM (Strength & Conditioning) <i>Priscilla K.</i> | | | | | |
| AOA Studio 1 REGISTER | | 10:45AM-11:45AM (Kupuna) <i>Gail S.</i> | | | | | |
| Salsaerobics Studio 1 REGISTER | | 4:00PM-5:00PM (Cardio: Dance) <i>Jonell D.</i> | | | | 8:00AM-9:00AM (Cardio: Dance) <i>Jonell D.</i> | |
| Small Group Training Session Fitness Center REGISTER | | 5:30PM-6:30PM (Small Group Training) <i>Logan G.</i> | | | | | |
| Lo Cardio/Weights Studio 1 REGISTER | | | 8:00AM-9:00AM (Strength & Conditioning) <i>Janice T.</i> | | | | |
| Iyengar Yoga Studio 2 REGISTER | | | 8:00AM-9:00AM (Mind & Body: Yoga) <i>Harry W.</i> | | | | |
| Strength Training Studio 2 REGISTER | | | 9:15AM-10:15AM (Strength & Conditioning) <i>Logan G.</i> | | | 9:15AM-10:15AM (Strength & Conditioning) <i>Matt A.</i> | |
| Tai Chi: Yang Style 85 Form- Advanced Level Studio 2 REGISTER | | | 10:30AM-11:30AM (Mind & Body: Tai Chi) <i>Ellie H.</i> | | 10:30AM-11:30AM (Mind & Body: Tai Chi) <i>Ellie H.</i> | | |
| R.I.P.P.E.D. Studio 2 REGISTER | | | 11:45AM-12:45PM (HIIT) <i>K'i K.</i> | | | | |
| Step & Sculpt Studio 1 REGISTER | | | 5:15PM-6:15PM (Cardio) <i>Jonell D.</i> | | | 9:15AM-10:15AM (Cardio) <i>Jo C.</i> | |
| Aqua Fitness Class: 4 Lanes Pool - Group Exercise | | | 6:00PM-7:00PM (Aqua Fitness Class) <i>Jonathon L.</i> | | 6:00PM-7:00PM (Aqua Fitness Class) | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|---|--|---|---|---|
| Aqua Fit Pool - Group Exercise REGISTER | | | 6:00PM-7:00PM (Aqua Fitness) <i>Jonathon L.</i> | | | | |
| Step & Sculpt Studio 2 REGISTER | | | 6:30PM-7:30PM (Cardio) <i>Jo C.</i> | | | | |
| Tai Chi: Fan Studio 2 REGISTER | | | | 8:00AM-9:00AM (Mind & Body: Tai Chi) <i>Volunteer</i> | | | |
| Pickleball Conditioning Studio 1 REGISTER | | | | 8:00AM-8:45AM (Strength & Conditioning) <i>Jordan C.</i> | | | |
| Zumba + Weights Studio 2 REGISTER | | | | 9:15AM-10:15AM (Cardio: Dance) <i>Ki'i K.</i> | | | |
| Zumba Gold & Toning Studio 1 REGISTER | | | | 10:30AM-11:30AM (Kupuna) <i>Ryoko F.</i> | | | |
| RUMBLE Studio 2 REGISTER | | | | 11:45AM-12:45PM (Cardio) <i>Ki'i K.</i> | | | |
| Yogalates Studio 2 REGISTER | | | | | 9:15AM-10:15AM (Mind & Body: Yoga) <i>Jordan C.</i> | | |
| Lap Swim: 2 Lanes Pool - YMCA Program | | | | | 10:30AM-12:30PM (Lap Swim) | | |
| Zumba Studio 1 REGISTER | | | | | 6:30PM-7:30PM (Cardio: Dance) <i>Ki'i K.</i> | | |
| LTS: 3 Lanes Pool - YMCA Program | | | | | | 9:00AM-10:00AM (Learn To Swim (Lts)) | 10:00AM-1:10PM (Learn To Swim (Lts)) |
| LTS: 4 Lanes Pool - YMCA Program | | | | | | 10:00AM-1:30PM (Learn To Swim (Lts)) | |
| Hot Hula Fitness Studio 2 REGISTER | | | | | | 10:30AM-11:30AM (Cardio: Dance) <i>Patty M.</i> | |
| Lap Swim: 3 Lanes Pool - Lap Swim | | | | | | | 10:00AM-1:10PM (Lap Swim) |



Kalihi Y | June 1st - June 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|---|--|-----------------------------------|--------|
| Guided Workout Request Fitness Center | 6:30AM-8:00PM (Guided Workout) | 6:30AM-8:00PM (Guided Workout) | 6:30AM-8:00PM (Guided Workout) | 6:30AM-8:00PM (Guided Workout) | 6:30AM-8:00PM (Guided Workout) | 7:00AM-2:00PM (Guided Workout) | |
| Dance Fitness Y360 Virtual Class- Room 204 REGISTER | 8:30AM-9:30AM (Cardio: Dance) <i>Varies</i> | | | | | | |
| Total Body Conditioning Y360 Virtual Class- Room 204 REGISTER | 10:00AM-11:00AM (Strength & Conditioning) <i>Varies</i> | | | | | | |
| Tai Chi for Arthritis & Fall Prevention Room 304 REGISTER | 10:00AM-11:00AM (Mind & Body: Tai Chi) <i>Elizabeth P.</i> | | | | | | |
| Cardio: Drums Room 304 REGISTER | 11:30AM-12:15PM (Cardio: Dance) <i>Kenny O.</i> | | | 6:15PM-7:15PM (Cardio: Dance) <i>Kenny O.</i> | | | |
| Senior Karate Room 304 REGISTER | 12:30PM-1:45PM (Kupuna) <i>Wayne K.</i> | | 12:30PM-1:45PM (Kupuna) <i>Wayne K.</i> | | 12:30PM-1:45PM (Kupuna) <i>Wayne K.</i> | | |
| Turbo Kick Room 304 REGISTER | 5:00PM-6:00PM (Cardio) <i>Priscilla K.</i> | | | | 6:00PM-7:00PM (Cardio) <i>Priscilla K.</i> | | |
| Zumba Room 204 REGISTER | 5:00PM-6:00PM (Cardio: Dance) <i>Kim S.</i> | | | | | | |
| Zumba/Zumba Toning Room 304 REGISTER | 6:00PM-7:00PM (Cardio: Dance) <i>Priscilla K.</i> | | | | | | |
| Dance Fitness: Club Hits Room 204 REGISTER | 6:15PM-7:15PM (Cardio: Dance) <i>Eric C.</i> | | | | | | |
| Boot Camp Room 304 REGISTER | | 8:45AM-9:45AM (HIIT) <i>Janie N.</i> | | | | | |
| Stretch & Relax Room 304 REGISTER | | 10:00AM-11:00AM (Recovery) <i>Elena K.</i> | | | | | |
| Silver & Fit Room 304 REGISTER | | 11:30AM-12:30PM (Kupuna) <i>Elena K.</i> | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|---|---|--|--|--------|
| Zumba Room 304 REGISTER | | 5:00PM-6:00PM (Cardio: Dance) <i>Diana M.</i> | 5:00PM-6:00PM (Cardio: Dance) <i>Akiko K.</i> | 5:00PM-6:00PM (Cardio: Dance) <i>Diana M.</i> | | 8:15AM-9:15AM (Cardio: Dance) <i>Kana T.</i> 10:45AM-11:45AM (Cardio: Dance) <i>Kana T.</i> | |
| Yoga with Mindfulness Room 204 REGISTER | | 5:30PM-6:30PM (Mind & Body: Yoga) <i>Sri M.</i> | | | | | |
| Dance Fitness: Club Hits Room 304 REGISTER | | 6:15PM-7:15PM (Cardio: Dance) <i>Eric C.</i> | | | | | |
| Advanced Tai Chi- Yang Style Room 204 REGISTER | | | 9:00AM-10:00AM (Mind & Body: Tai Chi) <i>Toshimi C.</i> | | | | |
| Beginner Tai Chi Room 204 REGISTER | | | 10:15AM-11:15AM (Mind & Body: Tai Chi) <i>Toshimi C.</i> | | | | |
| Dance Fitness: Disco Line Dancing Room 204 REGISTER | | | 11:30AM-12:30PM (Cardio: Dance) <i>Toshimi C.</i> | | | | |
| Yoga with Mindfulness Room 304 REGISTER | | | 4:00PM-5:00PM (Mind & Body: Yoga) <i>Sri M.</i> | | | | |
| Total Body Conditioning Room 204 REGISTER | | | 4:30PM-5:30PM (Strength & Conditioning) <i>Priscilla K.</i> | | | | |
| Chair Fitness Room 304 REGISTER | | | 6:00PM-7:00PM (Kupuna) <i>Priscilla K.</i> | 11:30AM-12:30PM (Kupuna) <i>Elena K.</i> | 10:15AM-11:15AM (Kupuna) <i>Derrick K.</i> | | |
| Step & Sculpt Room 304 REGISTER | | | | 8:45AM-9:45AM (Cardio) <i>Janie N.</i> | | | |
| Strength Training Y360 Virtual Class- Room 204 REGISTER | | | | 10:00AM-11:00AM (Strength & Conditioning) <i>Varies</i> | | | |
| Polynesian Fitness Room 304 REGISTER | | | | 10:00AM-11:00AM (Cardio: Dance) <i>Rosa L.</i> | | | |
| Salsaerobics Room 204 REGISTER | | | | 5:30PM-6:30PM (Cardio: Dance) <i>Jonell D.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---------|-----------|----------|---|--|--------|
| MOSSA: Group Power Room 204 REGISTER | | | | | 6:30AM-7:30AM (Strength & Conditioning) <i>Priscilla K.</i> | | |
| Core Fusion Room 204 REGISTER | | | | | 8:00AM-9:00AM (Strength & Conditioning) <i>Ginny G.</i> | | |
| Gentle Yoga Room 304 REGISTER | | | | | 9:00AM-10:00AM (Mind & Body: Yoga) <i>Derrick K.</i> | | |
| Tai Chi for Arthritis & Fall Prevention Room 204 REGISTER | | | | | 10:00AM-11:00AM (Mind & Body: Tai Chi) <i>Elizabeth P.</i> | | |
| Core & Stretch Room 304 REGISTER | | | | | 11:20AM-12:20PM (Recovery) <i>Derrick K.</i> | | |
| Silver & Fit Room 204 REGISTER | | | | | 11:30AM-12:30PM (Kupuna) <i>Kenny O.</i> | | |
| Zumba Toning Room 304 REGISTER | | | | | 5:00PM-6:00PM (Cardio: Dance) <i>Priscilla K.</i> | | |
| Dance Fitness Room 204 REGISTER | | | | | 6:15PM-7:15PM (Cardio: Dance) <i>Eric C.</i> | 12:00PM-1:30PM (Cardio: Dance) <i>Derrick K.</i> | |
| Mobility Flow Room 304 REGISTER | | | | | | 9:30AM-10:30AM (Recovery) <i>Ginny G.</i> | |
| MOSSA: Group Power Room 304 REGISTER | | | | | | 12:00PM-1:00PM (Strength & Conditioning) <i>Priscilla K.</i> | |



Wai'anae Coast Y | June 1st - June 7th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--------------------------------|---|--------------------------------|---|---|---------------|
| Tai Chi for Arthritis & Fall Prevention Outdoor Covered Sports Court REGISTER | 9:30AM-10:30AM (Mind & Body: Tai Chi) <i>Deborah T.</i> | | 9:30AM-10:30AM (Mind & Body: Tai Chi) <i>Deborah T.</i> | | 9:30AM-10:30AM (Mind & Body: Tai Chi) <i>Deborah T.</i> | | |
| Enhance Fitness Outdoor Covered Sports Court | 10:30AM-11:30AM (Kupuna) <i>Elanie P.</i> | | 10:30AM-11:30AM (Kupuna) <i>Genesis K.</i> | | 10:30AM-11:30AM (Kupuna) <i>Katherine G.</i> | | |
| Pickleball: 3 Courts- Free Play Outdoor Covered Sports Court | | 9:00AM-11:00AM (Pickleball) | | 9:00AM-11:00AM (Pickleball) | | 9:15AM-12:00PM (Pickleball) | |
| Yoga Flow Outdoor Covered Sports Court | | | | | | 8:00AM-9:00AM (Mind & Body: Yoga) <i>Deborah T.</i> | |
| Yoga with Mindfulness Outdoor Covered Sports Court | | | | | | 8:30PM-9:30AM (Mind & Body: Yoga) <i>Deborah T.</i> | |