



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE FEBRUARY

## Atherton YMCA

Announcements	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Did you know that funds raised from the Annual Support Campaign help college students acquire the tools they need to become strong community leaders?						9:00-10:00am <b>Zumba</b>  <b>Betty</b>
						10:00 -11:00am <b>Yoga/Pliates</b>  <b>Abby</b>
Holidays: Presidents Day, 2/21 Healthy Start Room: Closed Group Exercise: Open	5:30-6:30pm <b>Yoga Basics</b>  <b>Abby</b>	5:30-6:45pm <b>Ashtanga Yoga</b>  <b>John</b>	5:30-6:45pm <b>Iyengar Yoga</b>  <b>Pablo</b>		For your own safety and as a courtesy to other members, please do not enter class any later than 15 minutes from the starting time.  NO CHILDREN under the age of 13 unless otherwise noted in the class description.	
	6:45-8:15pm <b>Adult Hula</b>  <b>Mary</b>	6:45-7:45pm <b>Zumba</b>  <b>Corina</b>	6:45-8:15pm <b>Hip Hop Funk</b>  <b>Kehau</b>	7:00-8:00pm <b>Iyengar Yoga</b>  <b>Pablo</b>		

## Class Descriptions

**Yoga Basics:** New to yoga? Want to hone your fundamentals? Yoga basics will ease you into the art of Yoga. Receive individualized attention to help you reach your goals. Discover how strength, flexibility, focus, and relaxation can be achieved through this universal practice.

**Adult Hula:** If you've always wanted to learn hula or if you are looking for an avenue to revisit those fun days of dancing, this is the class for you. Gain a full appreciation of Hawaii's most treasured artform through both meaning and movement. Learn at your own pace in our welcoming studio with intimate class sizes.

**Hip Hop Funk:** Experience a one-of-a-kind workout in a funky format that can only be found at Atherton. Warm-up, strengthening, and flexibility is followed by a new unique routine each week. Pick up new moves for the club scene. If you like to work hard and play hard, you'll love Hip Hop Funk!

**Zumba:** The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!