



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE FEBRUARY 2012

WINDWARD YMCA 1200 Kailua Road Kailua, Hawaii 96734

Announcements	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WINDWARD YMCA Annual Support Campaign 2012 Please help the Y to provide financial assistance and scholarships to those in need by donating, volunteering as a campaigner or supporting our various ASC projects, including our ZUMBATHON on Saturday, March 4th!! WE NEED YOU!!</p> 	6:30-7:00am Sunrise Stretch Sue	6:30-7:45am Sunrise Yoga Kelly	6:15-7:00am Sunrise Stretch Carla	6:30-7:45am Sunrise Yoga Kara	6:30-7:00am Sunrise Stretch Sue/Carla	
	7:00-8:00am Hi-Low Interval Sue	8:00-9:20am Power Yoga Amanda	7:00-8:00am Hi-Low Interval Sue	8:00-9:20am Ashtanga Yoga Suzana	7:00-8:00am Hi-Low Interval Sue/Demetrius	
	8:00-9:00am Arthritis H2O Various Instructors	8:00-9:00am H2O Fit Paula	8:00-9:00am Arthritis H2O Various Instructors	8:00-9:00am H2O Fit Paula	8:00-9:00am Arthritis H2O Various Instructors	8:00-9:00am Zumba Kaipo
	8:15-8:45am Butt & Guts Terri/Demetrius	9:00-10:00am Arthritis H2O Millie	8:15-8:55am Butt & Guts Blast Demetrius	9:00-10:00am Arthritis H2O Millie	8:15-8:45am Butt & Guts Demetrius	9:15-10:30am Hatha Yoga Yoga I/II Kevin
	8:45-9:55am Step & Sculpt Terri/Amber	9:30 - 10:15am Zumba Gold Kaipo	9:00-10:00 am Zumba Kaipo	9:30 - 10:15am Zumba Gold Toning Fabienne	8:45-9:45am "The Drill" Jaclyn	10:30am-12:00pm Yoga Flow Celina
	9:00-10:00am Aqua Zumba Fabienne	10:30-11:30am Pilates Rebecca	10:15-11:15am PiYo Rebecca	10:30-11:30am Pilates Rebecca	9:00-10:00am Aqua Zumba Fabienne	12:15-1:15pm H2O Fit Various Instructors
	10:00-11:30am Yoga Flow Yoga I/II Maile	11:15-11:45am Silver & Fit I Demetrius	10:15-11:15am Arthritis Tai Chi* Ryan/Sue	11:15-11:45am Silver & Fit I Demetrius	10:00-11:30am Yoga Flow Yoga I/II Amanda	
	10:15-11:15am Arthritis Tai Chi* Ryan/Sue <i>Meets in Great Room</i>	<i>Meets on Back Lanai</i>	11:45am-12:30pm Silver & Fit II Sue	<i>Meets on Back Lanai</i>	10:15-11:15am Arthritis Tai Chi* Ryan/Sue <i>Meets in Great Room</i>	
	11:45am-1:00pm Kupuna Yoga Yoga .5 Randy	11:45am-1:00pm Vinyasa Yoga Yoga II Amanda	1:30-2:30pm Parkinson's Class Carol	11:45am-1:00pm Vinyasa Yoga Yoga II Sundae	11:45am-1:00pm Kupuna Yoga Yoga .5 Teddi	
3:00-3:45pm Butt & Guts Blast Demetrius		ZUMBA atomic little Stars (4-7yrs) 3:00-3:30pm <i>Starts Feb.21st</i>	3:00-3:45pm Butt & Guts Blast Heather	ZUMBA atomic big Stars (8-12yrs) 3:00-3:45pm <i>Starts Feb. 23rd</i>	3:00-3:45pm Butt & Guts Amber	10:30-11:30am Zumba Various Instructors
4:00-5:00 pm Zumba Kaipo		4:00-5:00 pm TBC	4:00-5:00 pm Y PUMP Amber	4:00-5:00 pm TBC	4:00-5:00 pm Zumba Amber	ZUMBA atomic for Kids (4-7yr & 8-12yr) Starts This Month!! Registration for this 6-week class still available at
4:30-5:30pm H2O Heather		Demetrius/Gwynn	4:30-5:30pm H2O Heather	5:00-6:00pm Zumba Kathy	4:30-5:30pm H2O Fit Heather	
5:15-6:15pm Hot Hula Fitness Hula - All Levels Kathy		5:00-6:00pm H2O Fit Shelly	5:00-6:00 pm Zumba Kehau	5:00-6:00pm H2O Fit Shelly	5:00-6:00pm Keiki Hula Kumu Marlene	
6:30-7:45pm Sunset Yoga Yoga I/II Kristen		6:00-8:00pm Tae Kwon Do Rocky/Brian <i>Please register before class at Welcome Center.</i>	6:30-7:45pm Sunset Yoga Yoga I/II Sundae	6:00-8:00pm Tae Kwon Do Rocky/Brian <i>Please register before class at Welcome Center.</i>	6:00-7:00pm Hula I Kumu Marlene	
				7:00-8:00pm Hula II/III Kumu Marlene		

CLASSES &/or INSTRUCTORS

ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Please do not enter a class if you are more than **10 MINUTES MINUTES LATE.**

Choose classes that are appropriate for your fitness-level & experience.
Remember to always stay well hydrated & listen to your body.