

March 2010 FITNESS CLASS SCHEDULE & DESCRIPTIONS. (Subject to change)

MONDAY

8:30-9:30AM	CORE SCULPT.....	L Kae
8:30-9:30AM	AQUA FITNESS.....	Clint
9:30-10:00AM	POWER FAT BURNER.....	L Kae
10:00-11:30AM	YOGA.....	Carol
5:30-6:15PM	GROUP CYCLING.....	Jessica
6:30-7:30PM	PILATES MAT.....	Haley

TUESDAY

7:00-8:00AM	YOGA STRETCH.....	Lucy
8:30-9:30AM	HO`OPIOPIO.....	Rosalie
9:30-10:00AM	PILATES BALL.....	L Kae
9:30-10:30AM	OPEN CARDIO TENNIS.....	Henry
10:45-11:30AM	SILVER SNEAKERS®.....	Haley
6:00-7:00PM	FITNESS 4X4.....	Chris
6:30-7:30PM	AQUA FITNESS.....	Clint
7:00-8:00PM	OPEN CARDIO TENNIS.....	Staff
7:30-8:30PM	YOGA.....	Cecilia

WEDNESDAY

8:00-8:45	GROUP CYCLING.....	L Kae
8:30-9:30AM	CARDIO KICKBOXING®.....	Elie
8:30-9:30AM	KILLER CARDIO TENNIS.....	Henry
8:30-9:30AM	AQUA FITNESS.....	Haley
9:30-10:00AM	CONDENSED CORE.....	L Kae
10:00-11:30AM	YOGA.....	Lucy
6:30-7:30PM	PILATES MAT.....	Haley

THURSDAY

8:30-9:30AM	HO`OPIOPIO.....	Elie
9:30-10:00AM	PILATES BALL.....	Elie
9:30-10:30AM	OPEN CARDIO TENNIS.....	Henry
6:00-6:45PM	GROUP CYCLE.....	Staff
6:00-7:00PM	CARDIO KICKBOXING®.....	Elie
6:30-7:30PM	AQUA FITNESS.....	Clint
7:30-8:30PM	YOGA.....	Cecilia

FRIDAY

8:00-8:45AM	GROUP CYCLING.....	L Kae
8:30-9:30AM	CARDIO KICKBOXING.....	Elie
8:30-9:30AM	AQUA FITNESS.....	Rosalie
9:30-10:30AM	YOGA.....	Carol
10:45-11:30AM	SILVER SNEAKERS.....	Elie
6:00-7:00PM	FITNESS 4X4.....	Chris

SATURDAY

8:30-9:30AM	POWER FAT BURNER.....	L Kae
9:00-10:00AM	AQUA FITNESS.....	Antonella
9:30-10:30AM	OPEN CARDIO TENNIS.....	Henry
9:30-10:30	ZUMBA.....	Jennifer
9:45-10:30AM	GROUP CYCLE.....	L Kae
10:30-11:15	Fit Kids.....	Jennifer
12:00-1:00PM	KEIKI TAEKWONDO.....	Cathy

SUNDAY

8:30-9:30AM	YOGA.....	Elena
10:00-11:00AM	FITNESS 4X4.....	Chris



CLASS DESCRIPTIONS

AQUA FITNESS – A cardio & strength training workout in the pool.

CARDIO KICKBOXING® -- A vigorous workout using basic Muay Thai techniques.

CORE SCULPT -- Improve, balance, flexibility, and strength in a non-impact class that uses just a mat & your body weight.

CONDENSED CORE -- A 30 min. CORE class.

POWER FAT BURNER -- A low impact cardio class that has no choreography; just weights, disks, bands and body weight.

PILATES BALL -- A Pilates based class using the large fit ball for improved flexibility balance & strength.

FITNESS 4x4 -- Total body conditioning using hand held weights and repetition to improve endurance and strength ending with stretching.

FIT KIDS -- Fun and creative agility skills & drills for kids ages 5+

GROUP CYCLING -- Crosstrain in this high energy class on the bike using sprints, jumps, hills, and guided imagery.

HO`OPIOPIO -- Cardio moves, weight training, ab work, & flexibility.

KEIKI TAE KWON DO – (ages 5 & up) Beginner moves and techniques.

KILLER CARDIO TENNIS – For players rated 3.0 or higher.

OPEN CARDIO TENNIS – Improve your cardio endurance while picking up some court skills. Great for all levels.

SILVER SNEAKERS® - A fitness class that is designed around using a chair for balance and support.

***WEIGHTROOM 101** - Learn how to use the weight machines. (By appointment only)

YOGA – Traditional poses used to increase your flexibility with an emphasis on breath.

ZUMBA – The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat with a Latin flavor.