

## FEBRUARY 2023 FITNESS CLASS SCHEDULE & DESCRIPTIONS

(Schedule subject to change, class times include a transition time between classes for set up & clean up)

### MONDAY

8:15-9:15AM	CORE/BALANCE.....	Kanoa
9:00-10:00AM	AQUA FITNESS.....	Diane
9:45-10:45AM	TBC.....	Blanca
*11:00-12:00PM	YOGA.....	Justin

### TUESDAY

8:15-9:15AM	CARDIO PUMP.....	Rosalie
9:45-10:45AM	ZUMBA GOLD.....	Brenda
11:15-12:15PM	SILVER & FIT.....	Elena
5:45-6:45PM	ZUMBA MIX.....	Blanca

### WEDNESDAY

8:15-9:15AM	TBC.....	Rosalie
10:00-11:00AM	YOGA.....	Cecilia
11:30-12:30PM	ZUMBA GOLD TONING/SILV & FIT	Brenda

### THURSDAY

8:15-9:15AM	CARDIO PUMP.....	Rosalie
8:30-9:30AM	AQUA FITNESS.....	Lauren
9:45-10:45AM	CHAIR CORE BALANCE/YOGA...	Lauren
5:45-6:45PM	ZUMBA MIX.....	Blanca

### FRIDAY

8:15-9:15AM	TABATA SWEAT.....	Kanoa
9:45-10:45AM	YOGA.....	Cecilia
11:15-12:15PM	SILVER & FIT.....	Elena

### SATURDAY

9:00-10:00AM	ZUMBA TONING.....	Blanca
10:30-11:30AM	YOGA STRETCH.....	Elena
11:45-12:45PM	STRETCH/ROLL OUT.....	Elena

### SUNDAY

10:00-11:00AM	YOGA.....	Nicole
---------------	-----------	--------

\*New Class, Instructor or Change in Time

### CLASS DESCRIPTIONS

**AQUA FITNESS** - A cardio & strength training workout in the meter or yard pool. (You may opt to bring your own weights, belt & noodle.)

**CARDIO PUMP**-A cardio and strength class focusing on strength and conditioning muscle groups of the whole body.

**CORE/BALANCE** – A non-impact to help improve your core strength, stability, flexibility and overall body balance. **CHAIR**- lower impact for those with limited mobility. A mild class that focuses on balance/core.

**SILVER AND FIT**® - A cardio and strength fitness class that is designed around using a chair for balance and support.

**STRETCH/ROLL OUT** - This class systematically stretches all parts of the body in a slow and rhythmical manner while opening up tight muscle groups and improving range of motion with the use of a foam roller. Limited Equipment. Feel free to bring your own roller to ensure you have one.

**TABATA SWEAT** – Cardio intervals to help improve strength and conditioning combined with stability and core work help to make this class a great total body workout.

**TBC** - Total Body Conditioning promotes muscular strength & endurance plus cardio with continuous simultaneous use of the legs and arms with hand weights to enhance overall conditioning.

**YOGA** - Traditional poses used to increase your flexibility & strength with an emphasis on breath. Aim to strengthen common weak muscle groups while focusing on lengthening tight/overactive muscle groups to reduce pain and improve athletic performance.

**SENIOR/CHAIR YOGA**- slower flow focusing on posture and stability work w/chairs for assistance.

**ZUMBA FITNESS** - Fast and slow rhythms are combined to tone and sculpt your body while burning fat with a Latin flavor. **ZUMBA GOLD**-a low-impact Zumba for those w/limited mobility and balance (have option to use chair for added assistance) **MIX**- This class combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party 😊



## **New Year's Personal Training Special**

**3 sessions (1 hour each) for \$199**

- Have trouble staying accountable? Motivated?**
- Need help building the best workouts for your goals?**
- Bored with your workouts, want something new?**
- Stuck in an injury cycle where you keep injuring yourself?**

**Sign up for our New Year's Personal Training Special at our Pro Shop. You will train with one of our Nationally Certified Oahu Club Personal Trainers who will help develop a routine for you to work on through the holidays. Your body doesn't get a holiday! Combat the holiday slumps with a new routine to work on 😊**

**\*For members only. One Package per member\***

**Contact [2fitness@theoahuclub.com](mailto:2fitness@theoahuclub.com) for more details.**