

6800 Hawaii Kai Dr. Honolulu, HI 96825 395-3300

APRIL 2025 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
 *9:30-10:30AM ZUMBA GOLD..... Tammy K
 11:00-12:00PM YOGA..... Heather
 6:30-7:45PM RESTORATIVE YOGA FLOW..... Tammy L

TUESDAY

8:15-9:15AM CARDIO PUMP..... Rosalie
 9:45-10:45AM YOGA..... Jody
 *11:30-12:15PM SILVER & FIT..... Lauren
 6:15-7:15PM ZUMBA..... Kristin

WEDNESDAY

8:00-9:15AM TBC..... Matt
 *9:00-10:00AM AQUA FITNESS..... Diane
 10:00-11:00AM YOGA..... Cecilia
 *11:15-12:15PM SENIOR FITNESS..... Kathy

THURSDAY

8:15-9:15AM CARDIO PUMP..... Rosalie
 *8:30-9:30AM AQUA FITNESS..... Lauren
 *9:45-10:45AM CHAIR CORE BALANCE/YOGA... Lauren
 11:00-12:00PM YOGA..... Cecilia
 6:15-7:15PM RESTORATIVE YOGA FLOW..... Raquel

FRIDAY

8:15-9:15AM TABATA SWEAT..... Kanoa
 9:45-10:45AM YOGA..... Raquel
 *11:30-12:00PM SILVER & FIT..... Brenda

SATURDAY

9:00-10:00AM DANCE FITNESS..... Blanca
 10:30-11:30AM YOGA..... Tammy L

SUNDAY

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

*Senior Focused Class: Great for beginners, participants 65+ years of age and up as well as those who may prefer ability to use a chair for assistance in balancing

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.

SENIOR FITNESS – A low impact class designed for 60 years + focusing on building strength, balance and total body conditioning.

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

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. **RESTORATIVE YOGA FLOW**-aimed to help your mind and body wind down for the night 😊

ZUMBA/DANCE 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 😊