

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

JANUARY 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
*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
*11:00-12:00PM	SILVER & FIT.....	Kathy

SATURDAY

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

SUNDAY

10:00-11:00AM	YOGA.....	Nicole
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*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 🕺



Hau'oli Makahiki Hou, Happy New Year!!! You are welcome to join our Club New Year's Fitness Challenge aimed to help keep you motivated and consistent with your fitness routines into the New Year. Let's make 2025 your fittest year yet 😊

Who: All members welcome

What: New Year's Fitness Challenge

When: January 1, 2025 – January 31, 2025

Where: Fitness Classroom floor and pool for Aqua Fitness Classes

Instructions: If you'd like to participate, please add your name to the board and tally a mark for each fitness class you complete in January. The top two members with the most classes participated in will win two free guest passes.

Good Luck and Haaaaaaappy New Year's from
The O'ahu Club's Fitness Team 😊

