

## July 2009 FITNESS CLASS SCHEDULE & DESCRIPTIONS (subject to change)

### MONDAY

9:00-9:30AM CORE SCULPT .....	L. Kae
9:00-10:00AM AQUA FITNESS .....	Elena
9:30- 10:00AM FAT BURNER .....	L. Kae
10:00-11:30AM YOGA .....	Shiva
5:30-6:15PM GROUP CYCLING.....	Jessica
6:30 – 7:30PM PILATES .....	Irene
7:30 – 8:00PM SPORTS STRETCH.....	Irene

### TUESDAY

7:00-8:00AM YOGA STRETCH.....	Raquel
8:30-9:30AM HO`OPIOPIO.....	L. Kae
9:30-10:00AM PILATES BALL.....	L. Kae
9:30-10:30AM OPEN CARDIO TENNIS.....	Henry
10:45-11:30AM SILVER SNEAKERS®.....	Haley
6:30-7:30PM FITNESS 4X4.....	Chris
6:30-7:30PM AQUA FITNESS.....	Irene
7:00-8:00PM OPEN CARDIO TENNIS.....	Staff
7:30-8:30PM YOGA.....	Shiva
7:30-8:30PM WEIGHTROOM 101.....	Irene

### WEDNESDAY

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

### THURSDAY

8:30-9:30AM HO`OPIOPIO.....	Ellie
9:30-10:00AM PILATES BALL.....	Freddie
9:30-10:30AM OPEN CARDIO TENNIS.....	Henry
10:00-11:00AM FAMILY SWEAT & STRENGTH.....	Haley
10:00-11:00AM WEIGHTROOM 101.....	Freddie
6:00-7:00PM CARDIO KICKBOXING®.....	Ellie
6:30-7:30PM AQUA FITNESS.....	Irene
6:00-6:45PM GROUP CYCLE.....	Paully
7:30-8:30PM YOGA.....	Shiva

### FRIDAY

8:00-8:45AM GROUP CYCLING.....	L. Kae
8:30-9:30AM CARDIO KICKBOXING.....	Ellie
9:00-10:00AM AQUA FITNESS.....	Irene
9:30-10:30AM YOGA.....	Shiva
10:45-11:30AM SILVER SNEAKERS.....	Ellie
6:30-7:30PM FITNESS 4X4.....	Chris
6:00-7:00PM FAMILY CARDIO TENNIS.....	Austin

### SATURDAY

8:30-9:30AM HO`OPIOPIO.....	L. Kae
9:00-10:00AM AQUA FITNESS.....	Staff
9:30-10:30AM OPEN CARDIO TENNIS.....	Henry
9:45-10:30AM GROUP CYCLE.....	L. Kae
12:00-1:00PM KEIKI TAEKWONDO.....	Cathy
1:00 -1:45 NIA 4 FAMILIES.....	Krista

### SUNDAY

8:30-9:30AM YOGA.....	Shiva
9:30 – 10:00AM MEDITATION.....	Chris
10:00-11:00AM FITNESS 4X4.....	Chris
11:30-12:30AM KIDS BALLET.....	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.

**FAT BURNER** – 30 min low impact cardio class.

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

**NIA 4 FAMILIES** (ages 5 & up) – a blend of various movement arts that use imagination to build balance, strength, flexibility & focus. Fun, Fun

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

**GROUP CYCLING** – Cross train 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.

**KIDS BALLET** (ages 6 & up) – Introduction to the world of Ballet.

**FAMILY CARDIO TENNIS** – Tennis drills and games keep things moving at a fun pace. Parents must accompany their children on the court.

**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.

**SPORTS STRETCH** – Improve your athletic performance & reduce the risk of injury with stretching. Myofascial release techniques included.

**FAMILY SWEAT & STRENGTH** – Work out with the little ones while you, power walk, do resistance training, stretch & cool down.

**WEIGHTROOM 101** - Learn how to use the weight machines.

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

See complete descriptions at [www.TheOahuClub.com](http://www.TheOahuClub.com) fitness page