



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

DECEMBER 2024 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.....	Blanca
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
5:45-6:45PM	RESTORATIVE YOGA FLOW.....	Raquel
FRIDAY		
8:15-9:15AM	TABATA SWEAT.....	Kanoa
9:45-10:45AM	YOGA.....	Raquel
*11:00-12:00PM	SILVER & FIT.....	Blanca
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.

<u>CLASS DESCRIPTIONS</u>	
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 🥳

