

July– Windward YMCA Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15–7:00am Sunrise Stretch Carla IPI + LS	7:00 to 8:00am MOSSA: Defend Melissa IPI+ LS	6:15–7:00am Sunrise Stretch Carla IPI + LS		*New Class 7:00–8:00am Yoga Flow Sarah IPI + LS
7:00–8:00am Hi-Lo Impact Aerobics Sue IPI + LS	8:15 to 9:15am MOSSA Strength Terri IPI+ LS	7:00–8:00am Hi-Lo Impact Aerobics Sue IPI + LS	8:15 to 9:15am MOSSA: Defend Melissa IPI+ LS	8:00 to 8:55am Ai Chi Summer IPO
8:15 to 9:15am MOSSA Strength Amber IPI+ LS	9:00 to 9:55am Rudimentary Water Movement Chris/Marti IPO	8:15 to 9:20am Yoga Flow Sarah C IPI + LS	9:00 to 9:55am Rudimentary Water Movement Chris/Marti IPO	8:15 to 9:15am Cardio Weights/Core Terri IPI+ LS
9:00 to 9:55am Aqua Zumba Betty IPO	9:30 to 10:30am Zumba Kaipo IPI+ LS	9:00 to 9:55am Aqua Zumba Kaipo IPO	9:30 to 10:30am Total Body Conditioning Amber IPI+ LS	9:00 to 9:55am H2O Fit Heather IPO
9:30 to 10:15am The Drill Terri IPI+ LS	10:45 to 11:30am Chair Fitness Kaipo IPI+ LS	9:30 to 10:30am Zumba Terumi IPI+ LS	10:45 to 11:30am Chair Fitness Dee IPI+ LS	9:30 to 10:30am MOSSA: Strength Amber IPI+ LS
10:45 to 11:45am Vinyasa Yoga Jacqueline IPI + LS	11:45 to 12:45pm Pilates Mat 12 Y360 Room	10:45 to 12pm Gentle Yoga Bernadette LS	11:45 to 12:45pm Yoga Flow Amber IPI+ LS	10:45 to 12pm Yoga Flow Bernadette LS
12:00 to 12:45pm Chair Yoga Jacqueline IPI + LS		12:15 to 1:15pm Tai Chi Ramona/Phyllis IPI	1:00 to 2:00pm Parkinson's Class Mary Lou IPI + LS	10:45 to 11:30am Chair Fitness Melissa IPI
1:00pm to 2:00pm Tai Chi Ramona/Phyllis IPI		*Kupuna Program Class 1:30–2:15p Drums Dee	1:00 to 1:45pm Core & More 3 Y360 Room	*Kupuna Program Class 11:45a–12:30pm Drums Dee
				SATURDAY
4:15 to 5:15pm Zumba Maile IPI + LS	4:00 to 4:30pm Latin Dance 4 Y360 Room	4:30 to 5:00pm Body Blitz 2 Y360 Room	4:30 to 5:30pm Zumba Toning Michelle H IPI+ LS	8:15 to 9:15am Zumba Michelle H IPI+ LS
5:30p to 6:15p Bosu Michelle S. IPI	5:00 to 5:55pm Aqua Fitness Michelle H. IPO	5:30 to 6:15pm The Drill Melissa IPI+ LS	5:00 to 5:55pm H2O Fit Irene IPO	9:30 to 10:20am The Drill Terri IPI+ LS
5:45 to 7:00pm Vinyasa Yoga Bernadette LS	5:30–6:30 pm Kickboxing Tabata Vicki IPI		6:00 to 6:30pm Y Box 6 Y360 Room	2:00pm to 2:55pm Aqua Fit Betty IPO
		Participants must Register & check in with the Welcome Center at least 10 minutes prior to class start time.		

Class Descriptions

Ai Chi: A relaxation program performed in the pool using a combination of deep breathing and slow, broad movements of the arms, legs and torso aiding to decrease stress.

Hi-Lo Impact Aerobics: A cardio interval routine, done without a step, that incorporates a variety of low impact moves to get your heartrate up.

Kickboxing Tabata: A martial arts & kickboxing inspired workout utilizing high intensity interval Tabata timing. Each tabata round consists of 8 cycles of a 20 second work interval of kickboxing/martial arts moves and a 10 second rest interval for a fun yet challenging and effective way to become fit.

MOSSA: Defend Together: Kick, punch & jab your way through this one hour martial arts inspired class. Fast paced music and moves help you push your cardio limits!

MOSSA: Strength Train: Using a bar, plates & a step, you'll get a full body strength workout set to motivating music.

Chair Fitness (Silver & Fit): A seated fitness class (with an option to stand if you prefer) that includes cardio intervals and strength training for upper & lower body, as well as core.

Sunrise Stretch: Start your day off with a wonderful stretch, working through each muscle group.

The Drill: Short bursts of high intensity cardio mixed with total-body, strength training in a "boot camp style" format

Total Body Conditioning: Using hand weights and body weight, you'll get a full body strength class that incorporates some cardio intervals.

Basic Yoga: New to yoga? This class is perfect for beginners or anyone needing a good stretch.

Gentle Yoga: A basic, beginners yoga class that allows you to move your body through foundational yoga poses in a comfortable way, without strain.

Yoga Flow: Similar to Vinyasa, but at a slightly slower pace. Strength-based. Multiple options given to accommodate many levels.

Vinyasa Yoga : A moderately-paced class that links flowing movement with breath. Poses are sequenced to stretch and strengthen the body. Modifications/options for all levels.

Zumba: Cardio-fusion dance class combining Latin dance music & movements into a calorie-burning exercise.

Zumba Toning: Fitness moves & dance grooves come together in this entertaining, 60 minute cardio and strength class.

IPI: In Person Indoors

IPO: In Person Outdoors

LS: Live Stream



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