

Honolulu Club / January Group Fitness & Programs Schedule / Winter 2011/ * changes or new classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45am Studio Cycling S2 Erika	6:00 - 7:00am Muscle Conditioning S1 Glynis	5:45 - 6:45am Cycle Circuit S2 KC	6:00 - 7:00am Muscle Conditioning S1 Glynis	5:55 - 6:55am Iyengar Yoga 1 S1 Evelia	7:30 - 8:00am Abs and Glutes S1 Shinobu	8:30 - 9:30am Zumba S1 Tiffany
7:00 - 8:00am Iyengar Yoga 1 S1 Evelia	7:00 - 8:00am Foam Roller S2 Billy	6:00 - 7:00am Step S1 Chris	7:15 - 8:15am Foam Roller S1 Anthony C.	7:00 - 8:00am Stretch S1 Evelia	8:00 - 9:00am Zumba S1 Shinobu	8:30 - 9:30am Studio Cycling S2 Blythe/Lee-Ann
8:30 - 9:30am Muscle Conditioning S1 Erica K.	7:15 - 8:15am Vinyasa Yoga 1 & 2 S1 Murti	6:00 - 7:00am Iyengar Yoga 1 Yoga Room Evelia	7:15 - 8:15am Vinyasa Yoga 1 & 2 Yoga Room Murti	8:00 - 8:30am Cardio S1 Mele	9:00 - 10:00am Step S1 Al	8:30 - 10:00am Vinyasa Yoga 1 & 2 Yoga Room Ancelyn
9:45 - 11:00am Ballet Level 2 S1 Marie	8:30 - 9:30am Kickbox S1 Yoko A.	7:00 - 8:00am Iyengar Yoga 2 Yoga Room Evelia	7:30 - 8:30am Studio Cycling S2 Raul	8:30 - 9:30am Muscle Conditioning S1 Mele	7:45 - 8:45am Studio Cycling S2 Sarah	9:00 - 10:00am Aqua Fitness POOL Antonella
11:00 - 12:00pm Pilates on the Ball S1 Karen	9:45 - 10:45am Dynamic Stretching S1 Richard	7:00 - 8:30am Stretch S2 Stuart	8:30 - 9:30am Kickbox S1 Richard	9:45 - 11:00am Ballet Level 1 S1 Marie	8:00 - 9:15am Ashtanga Yoga Yoga Room Laura	9:30 - 10:30am Muscle Conditioning S1 Richard
12:00 - 1:00pm Studio Cycling S2 Raul	11:00 - 12:00pm Nia Technique S1 Renee	8:30 - 9:30am Muscle Cond. S1 Mele	9:45 - 10:45am Stretch & Relax S1 Stuart	11:00 - 12:00pm Gentle Yoga Yoga Room Sundae	9:20 - 10:20am Stretch Yoga Room Richard	10:30 - 12:00pm Vinyasa Yoga 3 S2 Ancelyn
12:15 - 1:30pm Yoga Basics S1 Ancelyn	12:00 - 1:00pm Studio Cycling S2 John	11:00 - 12:00pm Pilates on the Ball S1 Karen	11:30 - 12:30pm Nia Technique S1 Sharlene	12:00 - 12:00pm Pilates on the Ball S1 Cheryl	9:00 - 10:00am Aqua Splash Pool Chris	10:40 - 11:40am Jazz S1 Marie
5:00 - 6:00pm Classic Aerobics S1 Chris	12:15 - 1:30pm Vinyasa Yoga S1 Murti	12:00 - 1:00pm Studio Cycling S2 Eric R.	12:15 - 1:30pm Vinyasa Yoga 2 & 3 Yoga Room Ancelyn	12:00 - 1:00pm FREE WORKSHOP! 1/14 Liberate Your Neck and Shoulders S1 -Reg. Req'd Shiho	9:00 - 10:00am The Nia Technique S2 Sharlene	10:45 - 11:45am Universal Chi Yoga Room Stuart
6:00 - 7:00pm Muscle Conditioning S1 Kathy	4:30 - 5:30pm Bootcamp S1 Anthony P.	12:00 - 1:15pm Ashtanga Yoga Yoga Room Yoko	5:00 - 6:00pm Aqua Cardio Plus POOL Chris	12:00 - 1:00pm FREE WORKSHOP! 1/14 Liberate Your Neck and Shoulders S1 -Reg. Req'd Shiho	10:00 - 11:15am Muscle Conditioning S1 Kathy	
6:00 - 7:00pm Stretch & Relax S2 Sundae	5:00 - 6:00pm Aqua Class Pool Chris	4:30 - 5:30pm Stability, Strength Ball S1 Elisa	4:30 - 5:30pm Bootcamp S1 Anthony P.	12:00 - 1:00pm Studio Cycling S2 John	10:30 - 11:45am Vinyasa Yoga Yoga Room Matt	
6:00 - 7:15pm Vinyasa Flow Yoga Room Daniel	5:45 - 6:45pm Zumba S1 Shinobu	5:25 - 6:25pm Studio Cycling S2 Erika	5:30 - 6:30pm Kickbox Bootcamp S1 Richard	3:30 - 5:15pm Boxing Privates S2- Payment Req'd Kevin	10:45 - 11:45am Jazz S2 Cheryl	
	6:45 - 7:15pm Abs & Glutes S1 Shinobu	6:30 - 7:45pm Ballet Level 1 S2 Marie	5:30 - 6:30pm Studio Cycling S2 Lee-Ann	5:30 - 6:30pm Studio Cycling S2 Erika	11:20 - 12:20pm Dynamic Stretching S1 Richard	/ Class instructors, formats, locations, and times are subject to change.
	6:15 - 7:30pm Vinyasa Yoga 1 & 2 Yoga Room Sundae	6:15 - 7:30pm Vinyasa Yoga 2 Yoga Room Penny	7:00 - 8:00pm Womens Styling Salsa S2 Payment Req'd Greg	5:00 - 6:00pm Club Salsa Dancing S1- Payment Req'd Greg	12:00 - 1:15pm * Vinyasa Yoga 1 & 2, Meditation Yoga Room Victoria	/ Classes will end 5m earlier.
	7:00 - 8:30pm Advanced Belly Dance S2 -Payment Req'd Jean	6:30 - 7:30pm Tahitian S1 -Payment Req'd Kaipo	6:15 - 7:30pm Vinyasa Yoga Yoga Room Maya		12:30 - 1:30pm Kickbox S1 Richard	/ Please contact Hospitality Desk at 543.3908 for updates on changes.
		7:30 - 8:30pm Beg. Tango Dance S1 Payment Req'd George	7:30 - 9:30pm Int. Tango Dance S1 Payment Req'd George		1:30 - 3:00pm Beginners Belly Dance S2- Payment Req'd Jean	/ Please do not enter the studio before the current class has finished.

CLASS OF THE MONTH!

**Thursday
5:30-6:30pm
CYCLE CLASS
WITH LEE-ANN**

For more info please call:
543-3970

Free Pilates Workshops:

7:30-8:30am: Pilate Jump Board 1/11 PS
12:30-1:30pm: Intro to Reformer 1/8 PS
1:00-2:00pm: Intro to Reformer 1/20 PS
For more info please call: 543-3975

Locations:

PS- Pilates Studio - 7th Fl.
Yoga Room - 5th Fl.
Pool - 7th Fl.
S1 - Studio I - 5th Fl.
S2 - Studio II - 6th Fl.

/ Class instructors, formats, locations, and times are subject to change.

/ Classes will end 5m earlier.

/ Please contact Hospitality Desk at 543.3908 for updates on changes.

/ Please do not enter the studio before the current class has finished.

/ Reserving Places is not permitted.

Group Exercise Manager:
Bianca 543.3970
bmoxey@meridiansportsclubs.com