

## FEBRUARY 2020 FITNESS CLASS SCHEDULE &amp; DESCRIPTIONS

(Schedule subject to change, class times include a 5 minute transition time between classes for set up and clean up)

**MONDAY**

8:00-8:30AM	CORE/BALANCE.....	Lei
8:30-9:30AM	TABATA SWEAT.....	Cathy
9:00-10:00AM	AQUA FITNESS.....	Diane
9:30-10:00AM	ROLL OUT.....	Lei
10:00-11:00AM	YOGA.....	Martha
*5:00-5:30PM	CORE FLOW.....	Laura
*5:30-6:30PM	TBC (THI Body Conditioning).....	Laura
6:30-7:30PM	ZUMBA TONING.....	Blanca

**TUESDAY**

7:00-8:00AM	YOGA.....	Martha
8:00-9:00AM	CARDIO PUMP.....	Rosalie
9:00-10:00AM	CARDIO TENNIS.....	Staff
9:00-10:15AM	STRETCH/BALL CORE.....	Elena
*10:15-11:00AM	CHAIR ZUMBA.....	Brenda
11:00-12:00PM	SILVER SNEAKERS.....	Chris
5:00-6:00PM	CORE FLOW.....	Chris
6:00-7:00PM	YOGA PUMP.....	Justin
6:30-7:30PM	CARDIO TENNIS.....	Staff
6:30-7:30PM	AQUA FITNESS.....	Debra
7:00-8:00PM	VINYASA FLOW.....	Justin

**WEDNESDAY**

6:15-7:15AM	BWB (BEFORE WORK BURN).....	Cathy
7:30-8:00AM	KICKBOXING/SELF DEFENSE.....	Cathy
8:00-9:00AM	TABATA SWEAT.....	Cathy
9:00-10:00AM	AQUA FITNESS.....	Lauren
9:00-10:00AM	ZUMBA WORLD /TONING.....	Holly
10:00-11:00AM	YOGA.....	Erin
11:30-12:30PM	BEGINNERS TAI CHI.....	Clint
5:00-5:30PM	CORE FLOW.....	Chris
5:30 - 6:30PM	TBC (THI Body Conditioning).....	Chris
6:30-7:30PM	ZUMBA TONING.....	Brenda

**THURSDAY**

*7:00-8:00AM	YOGA SCULPT.....	Rosalie
8:00-9:00AM	CARDIO PUMP.....	Rosalie
9:00-10:00AM	CARDIO TENNIS.....	Staff
9:00-9:45AM	CORE/BALANCE.....	Lauren
9:45-10:30AM	SENIOR YOGA.....	Lauren
10:30-11:30AM	TAI CHI.....	Clint
*5:00-6:00PM	CORE FLOW.....	Laura
6:00-7:00PM	GROUP CYCLE.....	Pauly
6:30-7:30PM	AQUA FITNESS.....	Brenda
7:00-8:00PM	PIYO.....	Laura

**FRIDAY**

8:00-9:00AM	TABATA SWEAT.....	Lei
9:00-10:00 AM	AQUA FITNESS.....	Diane
9:00-9:30AM	ELEMENTS.....	Lei
9:30-10:00AM	ROLL OUT.....	Lei
10:00-11:00AM	YOGA THERAPY.....	Peter
11:00-12:00PM	SILVER SNEAKERS.....	Elena

**SATURDAY**

8:30-9:30AM	AQUA JOG.....	Diane
8:30-9:30AM	HO'OPIOPIO.....	Kathy
9:30-10:30AM	ZUMBA TONING.....	Blanca
10:00-11:00AM	CARDIO TENNIS.....	Staff
10:30-11:30AM	YOGA.....	Nicole

**SUNDAY**

8:30-9:30AM	YOGA SLOW FLOW.....	Peter
9:30-10:30AM	STRETCH.....	Chris

\*New Class, Instructor or Change in Time

**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.)

**AQUA JOG**-An aqua fitness class using aqua joggers in a deeper pool setting. The deeper water forces your core/stability muscles to work harder. Limited aqua joggers available in club. Bring own to ensure use.

**BWB** - A high intensity interval class designed to give you an explosive strength and conditioning workout before you head out for work.

**CARDIO PUMP**-A cardio and strength class focusing on strength and conditioning muscle groups of the whole body.

**CARDIO TENNIS** - Improve your cardio endurance while picking up some court skills. Great for all levels and experience (18 & over).

**CORE/BALANCE** - A non-impact to help improve your core strength, stability, flexibility and overall body balance. **FLOW** includes stretching.

**ELEMENTS**- A total body assessment class focusing on dynamic range of motion and performing proper basic movement patterns like lifting, squats and reaching overhead.

**GROUP CYCLE** - Cross train in this high energy, low impact class on the bike using sprints, jumps, hills, and guided imagery.

**HO'OPIOPIO** - Cardio moves, resistance training, ab work, balance & flexibility. Ho'opiopio is Hawaiian for the whole body.

**KICKBOXING/SELF DEFENSE** - A dynamic class focusing on agility, combos, defensive maneuvers, increasing body awareness & control.

**ROLL OUT**- This class focuses on opening up tight muscle groups and improving range of motion with the use of a foam roller. Limited Equipment. Feel free to bring your own roller to ensure you have one.

**SILVER SNEAKERS®** - A cardio and strength fitness class that is designed around using a chair for balance and support.

**STRETCH** - This class systematically stretches all parts of the body in a slow and rhythmical manner.

**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.

**TAI CHI** - Relieve pain, reduce stress, & improve balance with Tai Chi. There are progressions in Tai Chi, beginners are encouraged to come observe and speak with instructor.

**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- Vinyasa Flow style **YOGA THERAPY** helps to strengthen common weak muscle groups while focusing on lengthening tight/overactive muscle groups to reduce pain and improve performance. **SENIOR YOGA**- slower flow focusing on posture and stability work w/chairs for assistance. **YOGA PUMP/SCULPT**- yoga combined w/basic movements such as squats with the addition of strength training to improve overall body strength and flexibility.

**VINYASA FLOW**- is a style of yoga characterized by stringing postures together so that you flow from one to **another seamlessly using breath**. **PIYO**- Pilates and Yoga fusion focused on core strengthening.

**ZUMBA TONING** - Fast and slow rhythms are combined to tone and sculpt your body while burning fat with a Latin flavor. **CHAIR ZUMBA**-a low-impact Zumba for those w/limited mobility and balance using chairs.

## Holiday Personal Training SPECIAL: 3 Sessions for \$170



**We are happy to announce our New Year's Holiday Personal Training SPECIAL!!!**

**What are the benefits of training with a Nationally Certified Personal Trainer? Accountability, Motivation, Technique, Injury Prevention and a lot more FUN! We can all benefit from a little change in our workout routine. This is a perfect time for you or a loved one to try out a Personal Trainer and get real results!**

**Sessions will be geared towards your personal fitness goals with exercises including but not limited to: traditional calisthenics, functional training, injury prevention exercises, therapy/pain management, interval training and strength training that aid you in achieving a healthier and more functional body.**

**Sign up for this special designed to help you get moving, prevent injuries and get you towards your health and fitness goals! \*Limit one package per member\***

### Oahu Club Spring Sports Camp

**March 16-20, 2020**

**8am-3pm Ages 6-10 yrs**



**What are your 6-10 yr old keiki doing this Spring Break? Have them come play with us at the club Mondays-Fridays from 8am-3pm! Camp activities include soccer, volleyball, tae kwon doe, obstacle courses, daily 45 min swim and tennis lessons w/our top instructors, throwing/catching drills, ultimate frisbee, dodgebee (a new favorite!), gymnastics, dancing, educational activities such as environmental awareness and more! 💪**

**Register your kids online at [www.theoahuclub.com](http://www.theoahuclub.com) or in club at the Pro Shop. For more details, contact Lei at 395-3300 or @ [2fitness@theoahuclub.com](mailto:2fitness@theoahuclub.com)**