

OCTOBER 2019 FITNESS CLASS SCHEDULE & 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.....	Chris
5:30-6:30PM	TBC (Tfl Body Conditioning).....	Chris
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
9:00-10:00AM	STRETCH/BALL CORE.....	Elena
10:00-11:00AM	HO'OPIOPIO.....	L Kae
11:00-12:00PM	SILVER SNEAKERS.....	Chris
5:00-6:00PM	CORE FLOW.....	Chris
*6:00-7:00PM	GROUP CYCLE.....	Chala
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 (Tfl Body Conditioning).....	Chris
6:30-7:30PM	ZUMBA TONING.....	Brenda

THURSDAY

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.....	Chris
6:00-7:00PM	GROUP CYCLE.....	Paully
6:30-7:30PM	AQUA FITNESS.....	Blanca
7:00-8:00PM	KUNDALINI YOGA.....	Amber

FRIDAY

8:00-9:00AM	TABATA SWEAT.....	Lei
9:00-10:00AM	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, combinations, defensive maneuvers, increasing body awareness and 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. **KUNDALINI** is gentle flow. **SENIOR YOGA**: slower flow focusing on posture and stability work w/chairs for assistance. **YOGA PUMP** involves some 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**.

ZUMBA TONING - Fast and slow rhythms are combined to tone and sculpt your body while burning fat with a Latin flavor.

Personal Training Introductory Package: 3 Sessions for \$190



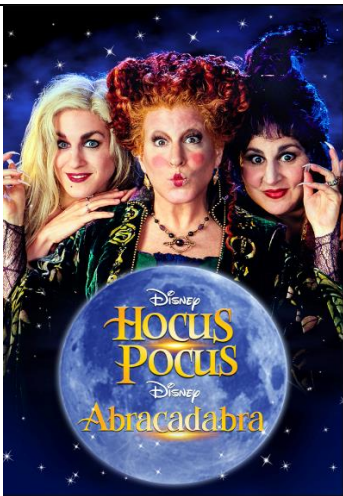
We are happy to announce a new Introductory Training Package for members who have not yet had the joy of working with a Personal Trainer.

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*

Email Lei at 2fitness@theoahuclub.com for more details.



Family Movie Night October 18th at 6pm. Come down and help us kickoff some Halloween fun with a family-fun, Halloween movie night 😊 Bring your festive attitude and join in on the family fun! Snacks will be provided for keiki 10 and under.