



Offering more than 80 Classes Every Week!

For class instructors, times and locations— Visit our website at honoluluclub.com or look for a current monthly **Group Fitness Schedule**. For more information contact **Bianca**, Group Fitness & Programs Manager, at 543-3970.

Class Descriptions



VINYASA YOGA - Focuses on connecting breath with the flow of movement. strength & flexibility. *All levels.*

GENTLE YOGA - Slow, gentle and relaxing yoga class for seniors and beginners, those with injuries or who just need to stretch and unwind. There is an emphasis on breathing and closed eyes to know your body better. Many modifications are given. *All Levels.*

IYENGAR YOGA - Focuses on precise alignment of bones and body positioning using props to open joints and release tension. *All Levels.*

ASHTANGA YOGA - Advanced style of yoga, flowing vigorously between postures, increasing core temperature, muscle strength. *Prior yoga experience required*

YOGA BASICS - Focuses on establishing & maintaining a strong foundation in your yoga practice. *All Levels.*



PILATES ON THE BALL- Exercises using the physio-balls. Enhances balance, strength in core, and maintains healthy back. Work to reconnect your body, and correct poor alignment habits. *All Levels.*

STABILITY & STRENGTH ON THE BALL - Incorporates Fit Balls & resistance equipment to tone, strengthen, and elongate muscles. Gain awareness and insight into postural habits and body imbalances. *All Levels.*

BOOTCAMP - A high energy, high intensity workout that challenges everyone with dynamic movements, involving strength, agility, balance, coordination, and cardiovascular endurance. *All Levels.*



KICK-BOX - Action packed cardio! Learn how to safely kick, punch your way to a stronger cardio respiratory system, while increasing sense of balance, muscular endurance and coordination. *All levels.*

CARDIO FIT - 40 minute cardio segment followed by a 15 min strengthening segment designed especially for those who are new to group exercise or have certain limitations. *All levels.*

CLASSIC AEROBICS - Simple to more complex foot patterns with mixed impact options. *All Levels.*

ZUMBA - A fusion of Latin and international music dance routines that features aerobics/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. *All Levels.*

MUSCLE CONDITIONING - A classic muscular endurance and strength workout using hand weights, benches, body bars, tubing, and resistance bands to cause overload to working muscle groups. *All Levels.*

SPORTS CONDITIONING - Traditional cardio training techniques. Emphasis is on the simplified form, functional muscle strength and endurance. *All Levels.*

STEP - A cardiovascular and lower body conditioning class performed on one or more platforms. *All Levels*

LOW IMPACT- Moderately challenging foot patterns with one foot remaining in contact with the floor at all times. *All Levels.*

ABS & GLUTES - This 30 minutes class targets two key areas; the ABS and Glutes. A class which combines core exercises for the abs and exercises for the glutes muscles.

Class Descriptions (continued)

ReDefine Your Lifestyle



CLASS ETIQUETTE: Please silence all cell phones * **Unless** otherwise designated on the schedule, classes are designed to accommodate all student levels. * **Please** respect individual class policy regarding late arrivals and early departures. * **Your feedback** is an integral component, please take a moment and pick up a comment suggestion card at the Hospitality Desk.



STUDIO CYCLING - A group cycling class will give you an incredible calorie burn in one hour. It's a low impact workout with no complicated moves to learn. You're in control. You set the pace/bike resistance and riding with a group with music makes it fun. *All Levels.*

Reserving bikes is not allowed

CYCLE CIRCUIT - A high energy circuit class that includes spinning and 2 interval circuits off the bike that target lower & upper body strength. *All Levels.*

NOTE: BEGINNER CYCLISTS Beginners are eligible to take ANY cycle class. To ensure a proper bike fit, please **arrive 15 minutes before class** so instructors may assist you. **Bring a towel and a water bottle** to class. Bike shorts or gel seats are also recommended for comfort.



BALLET LEVEL I - Beginning fundamentals of the classical ballet syllabus, body posture and alignment for barre and center work. *All levels.* (Hair tied back, off the neck, ballet slippers recommended.)

BALLET LEVEL II - Continued studies of ballet level I. (Hair tied back off the neck, ballet slippers recommended)

JAZZ - Dance veterans return to class to apply jazz dance techniques to choreography in jazz, funk, pop, & soul. *All Levels.*

THE NIA TECHNIQUE - Nia is an expressive fitness and awareness movement practice. Nia's barefoot, grounded approach maximizes body efficiency and teaches you to consciously move with joy and the absence of pain gracefully and powerfully. *All Levels.*



DYNAMIC STRETCHING - A mixture of stretches covering the whole body and held for a long count. These stretches are designed to make the muscles longer and improve flexibility. *All Levels.*

STRETCH & RELAX - Stretch the major muscle groups for the purpose of improving flexibility, prevention of injury, reducing aches & pains and mental relaxation. *All Levels.*

FOAM ROLLER - Give yourself a full body self-massage while increasing your core strength! Learn how to stretch and open your tight spots with foam roller & myofascial release ball. *All Levels.*

UNIVERSAL CHI - To achieve balance of mind, body, and emotions through slow meditation movements. Uses techniques of tai chi, chi kung, stretching, abdominal breathing to stimulate the smooth flow of chi. *All Levels.*

STRETCH - Emphasizes lengthening the muscles, mobility of the joints and relaxation of the mind. This class can offset this accumulated tension, moving the body with greater ease. *All Levels.*



AQUA CARDIO PLUS - Combine both cardiovascular workouts and strength training to improve your balance, flexibility and range of motion. *All Levels.*

AQUA FITNESS - Aerobic classes harness the power of water to add resistance to every movement! Excellent for cardiovascular conditioning, flexibility and strength. *All Levels.*

AQUA SPLASH - Fun cardiovascular workouts. *All Levels.*



PRIVATE SPORTS & DANCE PROGRAMS (Payment Required)
Private & Group Lessons Available
Boxing, Swimming, Golf, Jiu Jitsu, Racquetball, Squash, Tennis, Salsa, Belly Dance, Tahitian & Tango.