

Honolulu Club / November Group Fitness & Programs Schedule / Fall 2009

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	8:00 - 9:00am Step S1 Chris	8:30 - 9:30am Low Impact Aerobics S1 Chris
7:00 - 8:00am Iyengar Yoga 1 S1 Evelia	7:00 - 8:00am Studio Cycling S2 Lee-Ann	6:00-7:00am Step S1 Chris	7:15 - 8:15am Vinyasa Yoga 1 & 2 Yoga Room Murti	7:00 - 8:00am Stretch S1 Evelia	8:00 - 9:00am Studio Cycling S2 Erika	8:30 - 9:30am Studio Cycling S2 Eric R./Tony
8:30 - 9:30am Kickbox S1 Richard	7:15 - 8:15am Vinyasa Yoga 1 & 2 S1 Murti	6:30 - 8:00am Iyengar Yoga 2 Yoga Room Evelia	7:30 - 8:30am Studio Cycling S2 Raul	8:30 - 9:30am Kickbox S1 Richard	8:30 - 9:30am Stretch Yoga Room Richard	8:30 - 10:00am Vinyasa Yoga 1 & 2 Yoga Room Miilani
9:45 - 11:00am Ballet Level 2 S1 Marie	8:30 - 9:30am Muscle Conditioning S1 Elisa	7:00 - 8:00am Stretch S2 Stuart	8:30 - 9:30am Muscle Conditioning S1 Mele	9:45 - 11:00am Ballet Level 1 S1 Marie	9:00 - 10:00am Aqua Splash Pool Chris	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	7:30 - 8:30am Fit Seniors S1 Gabby	9:45 - 10:45am Stretch & Relax S1 Stuart	11:00 - 12:00pm Gentle Yoga Yoga Room Sundae	9:00 - 10:00am The Nia Technique S1 Sharlene	9:30 - 10:30am Muscle Conditioning S1 Richard
12:00 - 1:00pm Studio Cycling S2 Raul	11:30 - 12:30pm Nia Technique S2 Renee	8:30 - 9:30am Sports Conditioning S1 Mele	11:30 - 12:30pm Nia Technique S1 Sharlene	11:00 - 12:00pm Pilates on the Ball S1 Karen	10:00 - 11:15am Muscle Conditioning S1 Kathy	10:30 - 12:00pm Vinyasa Yoga 3 S2 Miilani
12:15 - 1:30pm Yoga Basics S1 Paula	12:15 - 1:30pm Vinyasa Yoga S1 Murti	11:00 - 12:00pm Pilates on the Ball S1 Karen	12:15-1:30pm Vinyasa Yoga 2 & 3 Yoga Room Ancelyn	12:00 - 1:00pm Studio Cycling S2 Eric R.	10:15 - 11:30am Vinyasa Yoga Yoga Room Lara	10:40 - 11:40am Jazz S1 Marie
5:00 - 6:00pm Classic Aerobics S1 Chris	4:30 - 5:30pm Bootcamp S1 Trevor	12:00 - 1:15pm Ashtanga Yoga Yoga Room Yoko	4:30 - 5:30pm Foam Roller S2 Fabe	12:00 - 1:00pm FREE WORKSHOP! 11/13 - Balance Training S1 -Reg. Req'd Anthony	10:45 - 11:45am Jazz S2 Cheryl	10:45 - 11:45am Universal Chi Yoga Room Stuart
5:00 - 6:00pm Foam Roller S2 Fabe	5:00 - 6:00pm Aqua Fitness POOL Antonella	4:30 - 5:30pm Stability, Strength Ball S1 Elisa	5:00 - 6:00pm Aqua Cardio Plus POOL Chris	12:00 - 1:00pm Studio Cycling S2 Peter/John H.	11:20 - 12:20pm Dynamic Stretching S1 Richard	
6:00 - 7:00pm Muscle Conditioning S1 Kathy	5:30 - 6:30pm Studio Cycling S2 Tony	5:15 - 6:15pm Studio Cycling S2 Erika	4:30 - 5:30pm Bootcamp S1 Brad	3:30 - 5:15pm Boxing Privates S2 -Payment Req'd Kevin	12:00 - 1:30pm Vinyasa Yoga 1 & 2, Meditation S2 Ancelyn	
6:00 - 7:00pm Stretch & Relax S2 Sundae	6:15 - 7:30pm Vinyasa Yoga 1 & 2 S1 Sundae	6:30 - 7:45pm Ballet Level 1 S2 Marie	5:30 - 6:30pm Kickbox Bootcamp S1 Richard	5:30 - 6:30pm Studio Cycling S2 Erika	12:30 - 1:30pm Kickbox S1 Richard	
6:00 - 7:15pm Vinyasa Flow Yoga Room Nadia	7:00 - 8:30pm Beginner Belly Dance S2 -Payment Req'd Jean	6:30 - 7:45pm Power Yoga Yoga Room Dorian	6:15 - 7:30pm Vinyasa Yoga Yoga Room Paula	5:00 - 6:00pm Club Salsa Dancing S1 - Payment Req'd Greg	1:30 - 3:00pm Advanced Belly Dance S2 - Payment Req'd Jean	
7:00 - 8:00pm Women's Salsa Dancing S1 - Payment Req'd Greg		6:30 - 7:30pm Tahitian S1 -Payment Req'd Kaipo	6:45 - 7:45pm Beginners Tahitian Dance S2 -Payment Req'd Kaipo			

Tango Classes in Studio I:

7:30-8:30pm: Tango for Beginners - Weds
7:30-9:30pm: Intermediate Tango - Thurs
5:00-7:00pm: Advanced Tango - Sat
Reg. Req'd. / No refunds or carryovers

Free Pilates Workshops:

6:30-7:30pm: Intro to Reformer 11/2 PS.
12:00-1:00pm: Pilates Reformer 11/24 PS.

Locations:

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

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

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

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

/ Reserving Places is not permitted.

Group Exercise Manager:
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