

# Honolulu Club / October Group Fitness & Programs Schedule / Fall 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45am <b>Studio Cycling</b> S2 Erika	6:00 - 7:00am <b>Muscle Conditioning</b> S1 Glynis	5:45 - 6:45am <b>Cycle Circuit</b> S2 KC	6:00 - 7:00am <b>Muscle Conditioning</b> S1 Glynis	5:55 - 6:55am <b>Iyengar Yoga 1</b> S1 Evelia	8:00 - 9:00am <b>Step</b> S1 Chris	8:30 - 9:30am <b>Low Impact Aerobics</b> S1 Chris
7:00 - 8:00am <b>Iyengar Yoga 1</b> S1 Evelia	7:00 - 8:00am <b>Studio Cycling</b> S2 Lee-Ann	6:00-7:00am <b>Step</b> S1 Chris	7:15 - 8:15am <b>Vinyasa Yoga 1 &amp; 2</b> Yoga Room Murti	7:00 - 8:00am <b>Stretch</b> S1 Evelia	8:00 - 9:00am <b>Studio Cycling</b> S2 Erika	8:30 - 9:30am <b>Studio Cycling</b> S2 Eric R./Tony
8:30 - 9:30am <b>Kickbox</b> S1 Richard	7:15 - 8:15am <b>Vinyasa Yoga 1 &amp; 2</b> S1 Murti	6:30 - 8:00am <b>Iyengar Yoga 2</b> Yoga Room Evelia	7:30 - 8:30am <b>Studio Cycling</b> S2 Raul	8:30 - 9:30am <b>Kickbox</b> S1 Richard	8:30 - 9:30am <b>Stretch</b> Yoga Room Richard	8:30 - 10:00am <b>Vinyasa Yoga 1 &amp; 2</b> Yoga Room Miilani
9:45 - 11:00am <b>Ballet Level 2</b> S1 Marie	8:30 - 9:30am <b>Muscle Conditioning</b> S1 Elisa	7:00 - 8:00am <b>Stretch</b> S2 Stuart	8:30 - 9:30am <b>Muscle Conditioning</b> S1 Mele	9:45 - 11:00am <b>Ballet Level 1</b> S1 Marie	9:00 - 10:00am <b>Aqua Splash</b> Pool Chris	9:00 - 10:00am <b>Aqua Fitness</b> POOL Antonella
11:00 - 12:00pm <b>Pilates on the Ball</b> S1 Karen	9:45 - 10:45am <b>Dynamic Stretching</b> S1 Richard	7:30 - 8:30am <b>Fit Seniors</b> S1 Gabby	9:45 - 10:45am <b>Stretch &amp; Relax</b> S1 Stuart	11:00 - 12:00pm <b>Gentle Yoga</b> Yoga Room Sundae	9:00 - 10:00am <b>The Nia Technique</b> S1 Sharlene	9:30 - 10:30am <b>Muscle Conditioning</b> S1 Richard
12:00 - 1:00pm <b>Studio Cycling</b> S2 Raul	11:30 - 12:30pm <b>Nia Technique</b> S2 Renee	8:30 - 9:30am <b>Sports Conditioning</b> S1 Mele	11:30 - 12:30pm <b>Nia Technique</b> S1 Sharlene	11:00 - 12:00pm <b>Pilates on the Ball</b> S1 Karen	10:00 - 11:15am <b>Muscle Conditioning</b> S1 Kathy	10:30 - 12:00pm <b>Vinyasa Yoga 3</b> S2 Miilani
12:15 - 1:30pm <b>Yoga Basics</b> S1 Paula	12:15 - 1:30pm <b>Vinyasa Yoga</b> S1 Murti	11:00 - 12:00pm <b>Pilates on the Ball</b> S1 Karen	12:15-1:30pm <b>Vinyasa Yoga 2 &amp; 3</b> Yoga Room Ancelyn	12:00 - 1:00pm <b>Studio Cycling</b> S2 Eric R.	10:15 - 11:30am <b>Vinyasa Yoga</b> Yoga Room Lara	10:40 - 11:40am <b>Jazz</b> S1 Marie
5:00 - 6:00pm <b>Classic Aerobics</b> S1 Chris	4:30 - 5:30pm <b>Bootcamp</b> S1 Trevor	12:00 - 1:15pm <b>Ashanga Yoga</b> Yoga Room Yoko	4:30 - 5:30pm <b>Foam Roller</b> S2 Fabe	12:00 - 1:00pm <b>FREE WORKSHOP!</b> 10/9 - Injury Prevention S1 -Reg. Req'd Mike K.	10:45 - 11:45am <b>Jazz</b> S2 Cheryl	10:45 - 11:45am <b>Universal Chi</b> Yoga Room Stuart
5:00 - 6:00pm <b>Foam Roller</b> S2 Fabe	5:00 - 6:00pm <b>Aqua Fitness</b> POOL Antonella	4:30 - 5:30pm <b>Stability, Strength Ball</b> S1 Elisa	5:00 - 6:00pm <b>Aqua Cardio Plus</b> POOL Chris	12:00 - 1:00pm <b>Studio Cycling</b> S2 Peter/John H.	11:20 - 12:20pm <b>Dynamic Stretching</b> S1 Richard	
6:00 - 7:00pm <b>Muscle Conditioning</b> S1 Kathy	5:30 - 6:30pm <b>Studio Cycling</b> S2 Tony	5:15 - 6:15pm <b>Studio Cycling</b> S2 Erika	4:30 - 5:30pm <b>Bootcamp</b> S1 Brad	3:30 - 5:15pm <b>Boxing Privates</b> S2 -Payment Req'd Kevin	12:00 - 1:30pm <b>Vinyasa Yoga 1 &amp; 2, Meditation</b> S2 Ancelyn	
6:00 - 7:00pm <b>Stretch &amp; Relax</b> S2 Sundae	6:15 - 7:30pm <b>Vinyasa Yoga 1 &amp; 2</b> S1 Sundae	6:30 - 7:45pm <b>Ballet Level 1</b> S2 Marie	5:30 - 6:30pm <b>Kickbox Bootcamp</b> S1 Richard	5:30 - 6:30pm <b>Studio Cycling</b> S2 Erika	12:30 - 1:30pm <b>Kickbox</b> S1 Richard	
6:00 - 7:15pm <b>Vinyasa Flow</b> Yoga Room Nadia	7:00 - 8:30pm <b>Beginner Belly Dance</b> S2 -Payment Req'd Jean	6:30 - 7:45pm <b>Power Yoga</b> Yoga Room Dorian	6:15 - 7:30pm <b>Vinyasa Yoga</b> Yoga Room Paula	5:00 - 6:00pm <b>Club Salsa Dancing</b> S1 - Payment Req'd Greg	1:30 - 3:00pm <b>Advanced Belly Dance</b> S2- Payment Req'd Jean	
7:00 - 8:00pm <b>Women's Salsa Dancing</b> S1 - Payment Req'd Greg		6:30 - 7:30pm <b>Tahitian</b> S1 -Payment Req'd Kaipo	6:45 - 7:45pm <b>Beginners Tahitian Dance</b> 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:**  
 8:00-9:00am: Intro to Reformer **10/3** PS.  
 12:30-1:30pm: Pilates for Beginners **10/29** S2.

**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:  
**Bianca Moxey 543.3970**  
 bmoxey@meridiansportsclubs.com