

SEPTEMBER 2017 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

8:00-8:55AM	CORE	Lei
9:00 – 9:55 AM	AQUA FITNESS.....	Diane
9:00-9:55AM	COUNTRY FIT	L Kae
10:00-10:55AM	SPORTS YOGA	Jennifer
5:15-5:45PM	YOGA STRETCH.....	Chris
5:45 – 6:25PM	TBC (Total Body Conditioning)	Chris
6:30-7:25PM	ZUMBA TONING.....	Blanca

TUESDAY

7:00-7:55AM	YOGA.....	Martha
8:00-8:55AM	CARDIO PUMP.....	Rosalie
9:00-9:25AM	STRETCH.....	L Kae
9:30-10:25AM	HO'OPIOPIO.....	L Kae
9:00-10:00AM	CARDIO TENNIS.....	Staff
10:30-10:55AM	GUIDED MEDITATION.....	L Kae
11:00-11:55AM	SILVER SNEAKERS.....	Chris
5:15-5:55PM	CORE FLOW.....	Chris
6:30-7:30PM	AQUA FITNESS.....	Diane
6:30-7:30PM	CARDIO TENNIS.....	Staff
7:00-7:55PM	POWER YOGA	Kristi

WEDNESDAY

8:00-8:45AM	TABATA TIME.....	Cathy
8:30 – 9:30AM	GROUP CYCLE.....	L Kae
9:00 – 9:25 AM	AQUA ZUMBA	Blanca
9:00-9:55AM	ZUMBA WORLD / TONING.....	Holly
10:00-10:55AM	YOGA THERAPY.....	Jennifer
11:30-12:25AM	TAI CHI.....	Clint
3:00 – 3:30PM	FIT KIDS.....	Lei
5:15-5:45PM	CORE FLOW	Chris
5:45 – 6:25PM	TBC (Total Body Conditioning)	Chris
6:30-7:25PM	ZUMBA TONING.....	Brenda

THURSDAY

8:00-8:55AM	CARDIO PUMP.....	Rosalie
9:00-9:25AM	STRETCH.....	L Kae
9:30-10:25AM	HO'OPIOPIO.....	L Kae
9:00-10:00AM	CARDIO TENNIS.....	Staff
10:30-11:25AM	TAI CHI	Clint
5:15-6:00PM	CORE FLOW.....	Chris
6:00-6:45PM	GROUP CYCLE.....	Pauly
6:30-7:30PM	AQUA FITNESS.....	Clint
7:00-7:55PM	KUNDALINI YOGA.....	Amber

FRIDAY

8:00 –8:55AM	TABATA SWEAT	Lei
9:00-9:25AM	ELEMENTS.....	Lei
9:00-9:55 AM	AQUA FITNESS	Clint
9:30-10:25AM	YOGA THERAPY.....	Tristy
11:00-11:55AM	SILVER SNEAKERS.....	Elena

SATURDAY

8:30-9:30AM	AQUA FITNESS	Diane
8:30-9:25AM	HO'OPIOPIO.....	Kathy
9:30-10:25AM	ZUMBA TONING.....	Blanca
10:00-11:00AM	CARDIO TENNIS	Staff
10:30-11:30AM	YOGA	Nicole

SUNDAY

8:30-9:25AM	YOGA SLOW FLOW	Ellie
9:30-10:15AM	STRETCH.....	Chris

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 ZUMBA- blends Zumba w/pools water resistance creating less impact on joints and a more challenging workout to help tone muscles.

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 - Improve, balance, flexibility, & strength in a non-impact class that uses a mat & your body weight. **FLOW** includes stretching.

COUNTRY FIT – An interval aerobics class with a country music twist.

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

FIT KIDS – Improve coordination and team skills (ages 5+)

GROUP CYCLING - 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 – A dynamic class focusing on agility, combinations, defensive maneuvers, increasing body awareness and control.

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 TIME -This training is fun & blasts calories. It moves with 8 rounds of a high intensity/rest interval pace that keeps it exciting. Interval cardio bursts are proven to burn more calories in less time.

TABATA SWEAT – All cardio intervals.

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. **SPORTS/POWER**

YOGA focus on strength & balance. **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.

ZUMBA TONING - Fast and slow rhythms are combined to tone and

**NEW FITNESS FLOOR IS NOW BEING
USED**

**PLEASE, WEAR PROPER FOOTWEAR AND
MODIFY EXERCISE UNTIL YOUR BODY**

3 Month Training Program

\$199

Join this customized 3 month training program designed towards getting you to your health and fitness goals. The program includes 4 one hour sessions with an Oahu Club Personal Trainer downstairs in the weight room.

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

After each session, your Personal Trainer will write out a program with homework to work on until your next training session.

For more information, please contact Lei at 2fitness@oahuclub.com

Save the Date!

Friday Sept 29th

@ 630 pm

Family Movie Night 🎬

A fun, family night for all members!

Bring your blanket and pillow!

Email: 2fitness@theoahuclub.com for details