**FACILITY HOURS**

### OPERATING HOURS
- MON–THURS: 4:30AM–10PM
- FRIDAY: 4:30AM–9PM
- SAT/SUN: 6AM–8PM

### SPECIAL HOURS
- MON, SEPT 2 | LABOR DAY: 7AM–4PM

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**CHILD WATCH**

- MON–FRI: 8AM–8PM
- SATURDAY: 8AM–3PM
- SUNDAY: CLOSED

**GAME ROOM**

- MON, TUES & THURS: 4–8PM
- FRIDAY: 4–7PM
- WED/SAT/SUN: CLOSED

**GYMNASTIUM**

### SPORTS COURT
- Sports Court is for Members and Guest pass users.
- Sports Court may be closed for programming or private events.

#### MONDAY
- 12–4PM
  - HALF COURT | MON: 3:30–4PM

#### TUES–THURS
- 12–6:30PM
  - HALF COURT | T/TH: 3:30–7PM • WED: 3:30–5PM

#### FRIDAY
- 12–5PM
  - HALF COURT | FRI: 3:30–5PM

#### SAT/SUN
- 10AM–5PM

### SPECIAL HOURS
- SUN, SEPT 1: CLOSED
- MON, SEPT 2: 12–4PM
- SAT, SEPT 28: CLOSES 1PM

**PICKLEBALL & CORNHOLE: OPEN PLAY**

- For Pickleball & Cornhole only. Not open for Sports Court.

#### TUES/THURS
- 9:30AM–12PM

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**PICK UP GAMES (HALF-COURT)**

- MON/WED (BASKETBALL): 6:30–9PM
- TUES/THURS (VOLLEYBALL): 6:30–9PM

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**AQUATICS CENTER**

Notice: Live lifeguard training scenarios may be conducted during operating hours.

### SPECIAL HOURS
- MON, SEPT 2: CLOSES 3:30PM
- THURS, SEPT 12: CLOSES 6PM

**COMPETITION POOL**

- MON–FRI: 7AM–8PM
  - 7AM–12PM | Lap swim all lanes
  - 12:30–4PM | Lanes 1–6 lap swim, Lns 7–14 open rec. swim
  - 4–6:30PM | Lanes 1–5 closed for prog. Lns 6–11 lap swim, water ex.

#### SAT/SUN
- 8AM–6PM
  - 8–10AM | Lanes 1–14 lap swim, some lanes may be used for program
  - 10AM–12PM, 12:30–3:30PM, 4–6PM | Lanes 1–6 Lap swim, Lns 7–14 open rec. swim, Comp pool open during pool break for adult lap swim (Lns 1–6)

**JACUZZI**

Follows Competition Pool hours, except for 6:30PM maintenance every 3rd Tuesday of each month.

**ADVENTURE COVE**

- MON–FRI: 10AM–12PM | 12:30–6PM
  - 8–10AM | Water-walking

#### SAT/SUN
- 10AM–12PM | 12:30–3:30PM | 4–6PM
  - 8–10AM | Water-walking

**POOL FEATURES**

The opening of pool sections, features, and slides will depend on the availability of lifeguard staffing.

**WATER SLIDES**

- MON/WED/FRI: 2–6PM

#### TUES/THURS
- CLOSED

#### SAT/SUN
- 10AM–12PM | 12:30–3:30PM | 4–6PM
  - 8–10AM | Water-walking

**TUBE SLIDES, DIVING BOARD & ROCK WALLS**

- MON–FRI: 12:30–4PM

#### SAT/SUN
- 10AM–6PM

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All schedules subject to change. Aquatic Exercise classes may be cancelled due to weather conditions. Areas of Competition Pool may be unavailable for open swim during class times. For more current schedule, visit us online at KrocCenterHawaii.org. Questions? Call us (808) 682–5505.

Free Wi-Fi available to members and guests. Please see our Member Services Desk or Fitness Desk for more information.

REMINDER: Outside food not permitted. Alcohol, tobacco and firearms strictly prohibited.
## Group Exercise Class Schedule

**FOR SAFETY REASONS, PLEASE DO NOT ENTER A CLASS AFTER THE FIRST 10 MINUTES.**

### Monday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Min</th>
<th>Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30–7:50am</td>
<td>Gentle Yoga</td>
<td>MinSoo</td>
<td>1</td>
<td>35</td>
</tr>
<tr>
<td>8:30–8:50am</td>
<td>Zumba</td>
<td>Edelyn</td>
<td>1</td>
<td>40</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>BodyPump®</td>
<td>Anna</td>
<td>1</td>
<td>27</td>
</tr>
<tr>
<td>10:30–11:20am</td>
<td>Forever Fit</td>
<td>Kim</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>6–6:50pm</td>
<td>Hip Hop Fitness</td>
<td>Christian</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>7–7:50pm</td>
<td>BodyPump®</td>
<td>Lori</td>
<td>1</td>
<td>27</td>
</tr>
</tbody>
</table>

### Tuesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Min</th>
<th>Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30–6:20am</td>
<td>Cycle</td>
<td>Kim</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>8:15–9:05am</td>
<td>Cardio Mix</td>
<td>Oxana</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>Yoga Recovery</td>
<td>Jess</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>5–5:50pm</td>
<td>Tabata</td>
<td>Milena</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>6–6:50pm</td>
<td>Vinyasa Yoga</td>
<td>Milena</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>6:30–7:20pm</td>
<td>Total Body Conditioning</td>
<td>Anna</td>
<td>1</td>
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</tbody>
</table>

### Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
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<th>Min</th>
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</tr>
</thead>
<tbody>
<tr>
<td>5:30–6:20am</td>
<td>Cycle</td>
<td>Kim</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>8:15–9:05am</td>
<td>Movement Mechanics</td>
<td>Carla</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>Beginner Step</td>
<td>Carla</td>
<td>1</td>
<td>12</td>
</tr>
<tr>
<td>10:30–11:20am</td>
<td>Forever Fit &amp; Balanced</td>
<td>Carla</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>5–5:50pm</td>
<td>BodyPump®</td>
<td>Britanny</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>6–6:50pm</td>
<td>Cycle</td>
<td>Anna</td>
<td>1</td>
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</table>

### Thursday

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<tr>
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<th>Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30–6:20am</td>
<td>Cycle</td>
<td>Kim</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>8:15–9:05am</td>
<td>Power Sculpt</td>
<td>Carla</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>Vinyasa Yoga</td>
<td>Milena</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>5–5:50pm</td>
<td>Pop Pilates</td>
<td>Pinky</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>6–6:50pm</td>
<td>Cycle</td>
<td>Oxana</td>
<td>1</td>
<td>25</td>
</tr>
</tbody>
</table>

### Friday

<table>
<thead>
<tr>
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<tr>
<td>5:30–6:20am</td>
<td>Cycle</td>
<td>Kim</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>8:15–9:05am</td>
<td>Spin Intervals</td>
<td>Carla</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>Mat Fusion</td>
<td>Kekua</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>10:30–11:20am</td>
<td>Recovery Methods</td>
<td>Jess</td>
<td>1</td>
<td>15</td>
</tr>
<tr>
<td>5–5:50pm</td>
<td>Total Body Conditioning</td>
<td>Anna</td>
<td>1</td>
<td>15</td>
</tr>
</tbody>
</table>

### Saturday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Min</th>
<th>Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30–9:20am</td>
<td>Zumba</td>
<td>Dela</td>
<td>1</td>
<td>40</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>Forester Fit</td>
<td>Jackie</td>
<td>1</td>
<td>25</td>
</tr>
<tr>
<td>5–5:50pm</td>
<td>Vinyasa Yoga</td>
<td>Milena</td>
<td>1</td>
<td>40</td>
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</tbody>
</table>

### Sunday

<table>
<thead>
<tr>
<th>Time</th>
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<th>Min</th>
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</tr>
</thead>
<tbody>
<tr>
<td>8:30–9:20am</td>
<td>Zumba</td>
<td>Dela</td>
<td>1</td>
<td>40</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>Vinyasa Yoga</td>
<td>Milena</td>
<td>1</td>
<td>40</td>
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</tbody>
</table>

### New! Monthly Pop-Up Classes

- **Check the Health & Wellness Center for Schedule**

### GYM LANAI

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Min</th>
<th>Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30–10:20am</td>
<td>Vinyasa Yoga</td>
<td>Milena</td>
<td>1</td>
<td>25</td>
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</table>

### US SPORTS

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Min</th>
<th>Max</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30–10:20AM</td>
<td>Toddler &amp; Parent class</td>
<td>Jeric</td>
<td>1</td>
<td>25</td>
</tr>
</tbody>
</table>

### NEW CLASSES

- **Rev 8/27/19**

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**REV 8/27/19**
CLASS DESCRIPTIONS

AQUA FIT
This class can use just the water or buoyant aquatic equipment to help tone your upper and lower body as well as improve your core muscle to stabilize your body in water. The water provides atmosphere of safe resistance for aerobic conditioning. Moreover, it adds variety and excitement to your exercise routine. All levels. Ages 13–15 must be accompanied by an adult.

AQUA TABATA
This class is a high intensity interval class performed in the water. This class is a fun and effective workout designed to torch calories. The greater intensity of this HIIT workout is intense, but brings about results in a shorter amount of time. All fitness levels. Ages 13–15 must be accompanied by an adult.

AQUA ZUMBA
Splashing, stretching, twisting, even shouting, laughing, are often heard during this class. Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. All levels. Ages 13–15 must be accompanied by an adult.

BEGINNER STEP
Beginner step is the perfect workout that starts simply, then the moves become steadily more challenging. Building on an easy-to-learn base of moves, this workout allows you to hit the ground running and start burning calories immediately, instead of taking a long time to learn the moves before you can get a good workout.

BODY PUMP®
BODY PUMP® is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetitions (reps), BODY PUMP® gives you a total body workout that burns lots of calories. It’ll also tone and shape your body, without adding bulky muscles. The rep effect—a scientifically proven Les Mills formula—is the secret to developing lean athletic muscle without the need for heavy weights. All levels. Ages 13–15 must be accompanied by an adult.

BOOT CAMP
An outdoor class that mixes interval training and strength exercises. This class will help promote camaraderie and team effort. Be ready to push harder than you would push yourself. Hat, sunglasses, and sunblock recommended. All levels. Ages 13–15 must be accompanied by an adult.

CARDIO & CORE
This class offers a mix of Cardio formats and at least 10 minutes of core each class. All are welcome, from beginner to advanced. Ages 13–15 must be accompanied by an adult.

CARDIO KICKBOX
This class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. Ages 13–15 must be accompanied by an adult.

CARDIO MIX
This class will be different each week. It will have components of Strength training, Cardiovascular training and Core. All levels. Ages 13–15 must be accompanied by an adult.

CORE
Strengthen abdominals, obliques, back extensors and core stabilizers to improve appearance and function. All levels. Ages 13–15 must be accompanied by an adult.

CYCLE
If a challenge is what you’re looking for, this is it! Whether you’re training for a triathlon or riding for cardiovascular health, this class will get you there. Come enjoy the ride! See beginning option on Fridays. Ages 13–15 must be accompanied by an adult.

FOREVER FIT
Forever Fit targets the largest growing population: Baby Boomers or anyone getting over an injury. This strength class is designed for someone looking for a gentle or beginner strength class. You will be using equipment to work on toning all the major muscle groups, joint stability and balance. This class is suitable for all levels. Ages 13–15 must be accompanied by an adult.

FOREVER FIT & BALANCE
Similar to Forever Fit with a large emphasis on balance. All levels. Ages 13–15 must be accompanied by an adult.

GENTLE YOGA
Ideal for beginners who want a slower pace with basic yoga postures, breathing techniques and relaxation. All levels. Ages 13–15 must be accompanied by an adult.

HIP HOP FITNESS
Hip Hop Fitness is a dance based cardio class. Be ready to have some fun as you dance combinations and Hip Hop moves to some of your favorite songs. You won’t even realize you are working out. All levels. Ages 13–15 must be accompanied by an adult.

HULA FITNESS
Based on traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness, this is a fun total body workout. Dance workouts target different muscles in your body. It provides an increased strength and definition to your core with emphasis on the abs, glutes, quads and arms. All levels. Ages 13–15 must be accompanied by an adult.

MAT FUSION
This mat based class fuses multiple exercise styles to strengthen and lengthen the body. All Levels. Ages 13–15 must be accompanied by an adult.

MOVEMENT MECHANICS
Sometimes going harder and faster isn’t the best way to make the most of your training. This class will help you improve your fitness and see results sooner by focusing on your movement mechanics. Come and check out this highly motivating class and see how you can improve your form. All levels. Ages 13–15 must be accompanied by an adult.

POP PILATES
A total body, equipment-free workout that sculpts a rock solid core and a lean dancer’s body like nothing else can. It’s a combination of total body Pilates exercises with the attitude of choreographed dance and the energy of music, results in an intense workout that is fun and effective. You will be challenged to flow from one exercise to the next, developing a rock solid core, while leaving NO muscle untouched. Every exercise can be modified to fit YOUR personal needs. All levels. Ages 13–15 must be accompanied by an adult.

POWER SCULPT
Create a leaner, stronger, more flexible body using classic sculpting, cardio and stretching techniques. An intense workout focusing on tight weights and high reps using body bars and bands. Increase your strength and improve your definition while working on your muscular endurance. All fitness levels. Ages 13–15 must be accompanied by an adult.

RESTORATIVE YOGA
Exhale and say, “ahhhh…” as we learn and practice the art of relaxation through simple movements, guided meditation, music, and breath. Drawing attention inward, this class offers techniques to displace the stress from our go-go-go world and seek a peaceful state to restore body, mind, and spirit. All Levels. Ages 13–15 must be accompanied by an adult.

RECOVERY METHODS
A balance of flexibility and mobility incorporating multiple principles of human kinetics. This class will provide various methods of relieving tight muscles and increasing joint mobility. Ages 13–15 must be accompanied by an adult.

RENEWAL YOGA
This yoga class is suitable for all levels. Ages 13–15 must be accompanied by an adult.

STEP INTERVALS
This is a total body program that incorporates strength training, cardio, core work and flexibility. It challenges your entire body with high intensity, short duration exercises. Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body. All levels. Ages 13–15 must be accompanied by an adult.

TABATA
This is a total body program that incorporates strength training, cardio, core work and flexibility. It challenges your entire body with high intensity, short duration exercises. Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body. All levels. Ages 13–15 must be accompanied by an adult.

TAI CHI: MOVING FOR BETTER BALANCE
Tai Chi is centered by the Centers for Disease Control and Prevention as an effective intervention for preventing falls. Evidence based and community translated, Tai Chi has also been evaluated in the community setting, senior facilities and community centers. Research shows a decrease in falls up to 55% of participants. It is a program that can be done standing, sitting or assisted. Ages 13–15 must be accompanied by an adult.

TOTAL BODY CONDITIONING
A workout designed to tone and define the body while strengthening the major muscles. Core training included. All levels. Ages 13–15 must be accompanied by an adult.

TURBO KICK
Turbo Kick LIVE is the ultimate cardio-kickboxing party. With boxing, kickboxing, and martial arts movements choreographed to the hottest music mixes, participants get lean and toned through continuous aerobic movement and anaerobic intervals—and have a blast doing it! It’s high-intensity, fast-paced, and totally addictive! All Fitness Levels. Ages 13–15 must be accompanied by an adult.

US SPORTS (TODDLER & PARENT) NEW CLASS!
US Sports is a parent participation sports class designed for youth ages 18 months to 5 years old. The class will be led by an instructor who will introduce the fundamentals of various sports, lead fun drills, and encourage parents to participate along side their children. US Sports will not only help develop your child’s agility, balance, and coordination, but also develop social skills, physical literacy, and gross motor skills. Come and play with us! Ages 18 months to 5 years old and their caregivers.

VINYASA YOGA
Vinyasa yoga is a series of poses that will move you through the power of inhaling and exhaling. This style of yoga encourages you to find your “flow” by listening to your breath and using your own personal abilities while exploring the different scanas (poses). It effectively promote overall health, strength, flexibility, balance, lower stress, increased focus and concentration, and better sleep. If you like to focus on the power of breathing and flowing movement through poses, this class is for you! All levels. Ages 13–15 must be accompanied by an adult.

WATER POLO SKILLS CLINIC
Swimmers will learn basic fundamental water polo skills through drills and workouts. Instructor may run game scrimmages with participants. Swimmers must be able to swim 200 yards continuously.

YOGA BASICS
Beginner yoga class with slower pace, basic yoga postures and breathing techniques. Students learn correct alignment and breathing. This yoga posture class is suitable for all levels. Ages 13–15 must be accompanied by an adult.

(Cont.)
YOGA FOUNDATIONS
Learn the fundamentals of strength, conditioning, and breathing in a yoga practice as we develop the body for a life-long practice where we will discuss and practice how to care for and help protect the body from injury to age gracefully and be stronger than it has ever been before.

YOGA RECOVERY
Align your joints and muscles in this gentle recovery class. A hybrid of yoga stretches along with fascia rolling to enhance the healing of our connective tissues. Yoga Recovery will help you with rejuvenation and relaxation, increase circulation and mobility!

ZUMBA
It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning total body dance based workout. It is a great mix of Latin flavor and international beats designed to tone your body from head to toe. Ages 13–15 must be accompanied by an adult.

ZUMBA GOLD
Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements Zumba Fitness-Party is known for: the zesty Latin music; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. All levels. Ages 13–15 must be accompanied by an adult.

AQUATIC GROUP EX CLASS SCHEDULE

All schedules subject to change. Aquatic Exercise classes may be cancelled due to weather conditions. Areas of Competition Pool may be unavailable for open swim during class times.
**AQUATICS CENTER**

Notice: Live lifeguard training scenarios may be conducted during operating hours.

*IMPORTANT: FALL AQUATICS CENTER SCHEDULE EFFECTIVE SUNDAY, AUGUST 18. MODIFIED HOURS IN GRAY.*

**SPECIAL HOURS**

**THURS, AUG 8** ........................................... CLOSES 6PM

**FRI, AUG 23** ........................................... CLOSES 6PM

**SUN, AUG 25** ........................................... CLOSES 3:30PM

**COMPETITION POOL**

**MON–FRI** ............................................ 7AM–8PM

  7AM–12PM | Lap swim all lanes
  12:30–4PM | Lanes 1–6 Lap swim, Lns 7–14 open rec. swim
  4–6:30PM | Lanes 1–5 closed for prog, Lns 6–11 lap swim, water ex.

**SAT/SUN** ............................................ 8AM–7PM 8AM–6PM

  8–10AM | Lanes 1–14 lap swim, some lanes may be used for program
  10AM–12PM, 12:30–3:30PM, 4–7PM 4–6PM | Lanes 1–6 Lap swim, Lns 7–14 open rec. swim, Comp pool open during pool break for adult lap swim (Lns 1–6)

**JACUZZI**

Follows Competition Pool hours, except for 6:30PM maintenance every 3rd Tuesday of each month.

**ADVENTURE COVE**

**MON–FRI** ............................................ 10AM–12PM | 12:30–3:30PM | 4–7PM 6PM

  8–10AM | 6–7PM | Water-walking

**SAT/SUN** ............................................ 10AM–12PM | 12:30–3:30PM | 4–7PM 6PM

  8–10AM | Water-walking

**POOL FEATURES**

The opening of pool sections, features, and slides will depend on the availability of lifeguard staffing.

**WATER SLIDES**

**MON–SUN** ............................................ 10AM–7PM

**MON/WED/FRI** ........................................ 2–6PM

**TUES/THURS** ........................................... CLOSED

**SAT/SUN** ............................................ 10AM–6PM

**TUBE SLIDES, DIVING BOARD & ROCK WALLS**

**MON–FRI** ............................................ 10AM–4PM 12:30–4PM

**SAT/SUN** ............................................ 10AM–7PM 10AM–6PM

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All schedules subject to change. Aquatic Exercise classes may be cancelled due to weather conditions. Areas of Competition Pool may be unavailable for open swim during class times. For more current schedule, visit us online at KrocCenterHawaii.org. Questions? Call us (808) 682–5505.

Free Wi-Fi available to members and guests. Please see our Member Services Desk or Fitness Desk for more information.

REMINDER: Outside food not permitted. Alcohol, tobacco and firearms strictly prohibited.
# Group EX Class Schedule

**For Safety Reasons, Please Do Not Enter a Class After the First 10 Minutes.**

## Monday

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<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>7–7:50am</td>
<td>GENTLE YOGA, MinSoo</td>
</tr>
<tr>
<td>8:30–9:20am</td>
<td>ZUMBA</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>BODYPUMP®</td>
</tr>
<tr>
<td>10:30–11:20am</td>
<td>FOREVER FIT</td>
</tr>
<tr>
<td>1:50p–2:50pm</td>
<td>HIP HOP FITNESS</td>
</tr>
<tr>
<td>3:50p–4:50pm</td>
<td>BODYPUMP®</td>
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## Tuesday

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<tbody>
<tr>
<td>7–7:50am</td>
<td>TAI CHI, Jerry</td>
</tr>
<tr>
<td>8:30–9:20am</td>
<td>TOTAL BODY CONDITIONING</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>TURBO KICK, Loi</td>
</tr>
<tr>
<td>10:30–11:20am</td>
<td>YOGA, Jackie</td>
</tr>
<tr>
<td>11:50p–12:50pm</td>
<td>HULA FITNESS, Dani</td>
</tr>
<tr>
<td>1:50p–2:50pm</td>
<td>ZUMBA, Dawne/Hana</td>
</tr>
<tr>
<td>3:50p–4:50pm</td>
<td>TOTAL BODY CONDITIONING</td>
</tr>
</tbody>
</table>

## Wednesday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>7–7:50am</td>
<td>TAI CHI, Jerry</td>
</tr>
<tr>
<td>8:30–9:20am</td>
<td>TOTAL BODY CONDITIONING</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>GENTLE YOGA, Carla</td>
</tr>
<tr>
<td>10:30–11:20am</td>
<td>ZUMBA, Dela</td>
</tr>
<tr>
<td>11:50p–12:50pm</td>
<td>POWER SCULPT, Carla</td>
</tr>
<tr>
<td>1:50p–2:50pm</td>
<td>BODYPUMP®, Lori</td>
</tr>
<tr>
<td>3:50p–4:50pm</td>
<td>YOGA BASICS, Lori</td>
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## Thursday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>7–7:50am</td>
<td>TAI CHI, Jerry</td>
</tr>
<tr>
<td>8:30–9:20am</td>
<td>TOTAL BODY CONDITIONING</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>BODYPUMP®, Annalena</td>
</tr>
<tr>
<td>10:30–11:20am</td>
<td>SENIOR CHALLENGE, Kim</td>
</tr>
<tr>
<td>11:50p–12:50pm</td>
<td>ZUMBA GOLD, Dani</td>
</tr>
<tr>
<td>1:50p–2:50pm</td>
<td>BODYPUMP®, Lori</td>
</tr>
<tr>
<td>3:50p–4:50pm</td>
<td>ZUMBA, Dawne/Hana</td>
</tr>
</tbody>
</table>

## Friday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>7–7:50am</td>
<td>BOOT CAMP, MinSoo</td>
</tr>
<tr>
<td>8:30–9:20am</td>
<td>TOTAL BODY CONDITIONING</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>BODYPUMP®, Katie</td>
</tr>
<tr>
<td>10:30–11:20am</td>
<td>GENTLE YOGA, Kim</td>
</tr>
<tr>
<td>11:50p–12:50pm</td>
<td>ZUMBA, Dela</td>
</tr>
<tr>
<td>1:50p–2:50pm</td>
<td>BODYPUMP®, Lori</td>
</tr>
<tr>
<td>3:50p–4:50pm</td>
<td>ZUMBA, Molly</td>
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## Saturday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>7–7:50am</td>
<td>ZUMBA, Jerry</td>
</tr>
<tr>
<td>8:30–9:20am</td>
<td>GENTLE YOGA, MinSoo</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>BODYPUMP®, Milena</td>
</tr>
<tr>
<td>10:30–11:20am</td>
<td>VINYASA YOGA, Milena</td>
</tr>
<tr>
<td>11:50p–12:50pm</td>
<td>ZUMBA, Molly</td>
</tr>
<tr>
<td>1:50p–2:50pm</td>
<td>BODYPUMP®, Milena</td>
</tr>
<tr>
<td>3:50p–4:50pm</td>
<td>ZUMBA, Molly</td>
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## Sunday

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
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<tbody>
<tr>
<td>7–7:50am</td>
<td>GENTLE YOGA, MinSoo</td>
</tr>
<tr>
<td>8:30–9:20am</td>
<td>ZUMBA, Milena</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>VINYASA YOGA, Milena</td>
</tr>
</tbody>
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**STUDIO 1**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30–6:20am</td>
<td>CARDIO &amp; CORE, Kim</td>
</tr>
<tr>
<td>8:15–9:05am</td>
<td>CYCLE, Alina</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>CARDIO MIX, Kim</td>
</tr>
<tr>
<td>10:30–11:20am</td>
<td>YOGA RECOVERY, Jess</td>
</tr>
<tr>
<td>5–5:50pm</td>
<td>TABATA, Milena</td>
</tr>
<tr>
<td>6–6:50pm</td>
<td>VINYASA YOGA, Milena</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30–6:20am</td>
<td>CYCLE, Kim</td>
</tr>
<tr>
<td>8:15–9:05am</td>
<td>MOVEMENT MECHANICS, Carla</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>BEGINNER STEP, Carla</td>
</tr>
<tr>
<td>10:30–11:20am</td>
<td>FOREVER FIT &amp; BALANCED, Carla</td>
</tr>
<tr>
<td>5–5:50pm</td>
<td>BODYPUMP®, Britanny</td>
</tr>
<tr>
<td>6–6:50pm</td>
<td>CYCLE, Anna</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15–9:05am</td>
<td>SPIN INTERVALS, Carla</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>CARDIO KICKBOX, Kekua</td>
</tr>
<tr>
<td>10:30–11:20am</td>
<td>VINYASA YOGA, Kekua</td>
</tr>
<tr>
<td>5–5:50pm</td>
<td>POP PILATES, Pinky</td>
</tr>
<tr>
<td>6–6:50pm</td>
<td>CYCLE, Oxana</td>
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</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>5–5:50pm</td>
<td>CYCLE, Anna</td>
</tr>
<tr>
<td>6–6:50pm</td>
<td>SPIN INTERVALS, Anna</td>
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**STUDIO 2**

**Gymnasium/Gym Lanai**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30–10:20am</td>
<td>US SPORTS, Jeric</td>
</tr>
<tr>
<td>9:30–10:20am</td>
<td>US SPORTS, Jeric</td>
</tr>
</tbody>
</table>

*Toddler & Parent class

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**REV 7/23/19**
CLASS DESCRIPTIONS

AQUA FIT
This class can use the water or buoyant aquatic equipment to help tone your upper and lower body as well as improve your core muscle to stabilize your body in water. The water provides atmosphere of safe resistance for aerobic conditioning. Moreover, it adds variety and excitement to your exercise routine. All levels. Ages 13–15 must be accompanied by an adult.

AQUA TABATA
This class is a high intensity interval class performed in the water. This class is a fun and effective workout designed to torch calories. The greater intensity of this HIIT workout is tremendous, but brings about results in a shorter amount of time. All fitness levels. Ages 13–15 must be accompanied by an adult.

AQUA ZUMBA
Splashing, stretching, twisting, even shouting, laughing, are often heard during this class. Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. All levels. Ages 13–15 must be accompanied by an adult.

BEGINNER STEP
BEGINNER STEP is the perfect workout that starts simply, then the moves become steadily more challenging. Building on an easy-to-learn base of moves, this workshop allows you to hit the ground running and start burning calories immediately, instead of taking a long time to learn the moves before you can get a good workout.

BODYPUMP®
BODYPUMP® is a weights class for absolutely everyone. This form of weight training will make you toned, lean and fit. Using light to moderate weights with lots of repetitions (reps), BODYPUMP® gives you a total body workout that burns lots of calories. It’ll also tone and shape your body, without adding bulky muscles. The rep effect—a scientifically proven Les Mills formula—is the secret to developing lean athletic muscle without the need for heavy weights. All levels. Ages 13–15 must be accompanied by an adult.

BOOT CAMP
An outdoor class that mixes interval training and strength exercises. This class will help promote camaraderie and team effort. Be ready to be pushed harder than you would push yourself. Hot, sunglasses, and sunblock recommended. All levels. Ages 13–15 must be accompanied by an adult.

CARDIO & CORE
This class offers a mix of cardio formats and at least 10 minutes of core each class. All are welcome, from beginner to advanced. Ages 13–15 must be accompanied by an adult.

CARDIO KICKBOX
This class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout. Ages 13–15 must be accompanied by an adult.

CARDIO MIX
This class will be different each week. It will have components of Strength training, Cardiovascular training and Core. All levels. Ages 13–15 must be accompanied by an adult.

CORE
Strengthens abdominals, obliques, back extensors and core stabilizers to improve appearance and function. All levels. Ages 13–15 must be accompanied by an adult.

CYCLE
If a challenge is what you’re looking for, this is it! Whether you’re training for a triathlon or riding for cardiovascular health, this class will get you there. Come enjoy the ride! See beginning option on Fridays. Ages 13–15 must be accompanied by an adult.

FOREVER FIT
Forever Fit targets the largest growing population: Baby Boomers or anyone getting over an injury. This strength class is designed for someone looking for a gentle or beginner strength class. You will be using equipment to work on toning all the major muscle groups, joint stability and balance. This class is suitable for all levels. Ages 13–15 must be accompanied by an adult.

FOREVER FIT & BALANCE
Similar to Forever Fit with a large emphasis on balance. All levels. Ages 13–15 must be accompanied by an adult.

GENTLE YOGA
Ideal for beginners who want a slower pace with basic yoga postures, breathing techniques and relaxation. All levels. Ages 13–15 must be accompanied by an adult.

HIP HOP FITNESS
Hip Hop Fitness is a dance based cardio class. Be ready to have some fun as you dance combinations and Hip Hop moves to some of your favorite songs. You won’t even realize you are working out. All levels. Ages 13–15 must be accompanied by an adult.

HULA FITNESS
Based on traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness, this is a total fun body workout. Dance workouts target different muscles in your body. It provides an increased strength and definition to your core with emphasis on the abs, glutes, quads and arms. All levels. Ages 13–15 must be accompanied by an adult.

MAT FUSION
This mat based class fuses multiple exercise styles to strengthen and lengthen the body. All Levels. Ages 13–15 must be accompanied by an adult.

MOVEMENT MECHANICS
Sometimes going harder and faster isn’t the best way to make the most of your training. This class will help you improve your fitness and see results sooner by focusing on your movement mechanics. Come and check out this highly motivating class and see how you can improve your form. All Levels. Ages 13–15 must be accompanied by an adult.

POP PILATES
A total body, equipment-free workout that sculpts a rock solid core and a lean dancer’s body like nothing else can. It’s a combination of total body Pilates exercises with the attitude of choreographed dance and the energy of music, results in an intense workout that is FUN and effective. You will be challenged to flow from one exercise to the next, developing a rock solid core, while leaving NO muscle untouched. Every exercise can be modified to fit YOUR personal needs. All levels. Ages 13–15 must be accompanied by an adult.

T 180 SCULPT
Create a leaner, stronger, more flexible body using classic sculpting, cardio and stretching techniques. An intense workout focusing on light weights and high reps using body bars and bands. Increase your strength and improve your definition while working on your muscular endurance. All fitness levels. Ages 13–15 must be accompanied by an adult.

RECOVERY METHODS
A balance of flexibility and mobility incorporating multiple principles of human kinetics. This class will provide various methods of relieving tight muscles and increasing joint mobility. Ages 13–15 must be accompanied by an adult.

RESTORATIVE YOGA
Exhale and say, “ahhh.” as we learn and practice the art of relaxation through simple movements, guided meditation, music, and breath. Drawing attention inward, this class offers techniques to de-focus from our go-go-go world and seek a peaceful state to restore body, mind, and spirit. All Levels. Ages 13–15 must be accompanied by an adult.

SENIOR CHALLENGE
Designed to increase balance, strength, agility, and cardiovascular health, this class will use a combination of bands, balls, dumbbells, barbells, and steps. This high-energy class will help build balance, confidence, and strength, and will challenge your body for overall health improvements. All levels. Ages 13–15 must be accompanied by an adult.

SPIN INTERVALS
This class is a combination of low impact cardio, on the bike, and strength training off the bike. This high energy class is designed to help tone your upper and lower body as well as improve your core muscle to stabilize your body in water. The water provides atmosphere of safe resistance for aerobic conditioning. Moreover, it adds variety and excitement to your exercise routine. All levels. Ages 13–15 must be accompanied by an adult.
### YOGA FOUNDATIONS
Learn the fundamentals of strength, conditioning, and breathing in a yoga practice as we develop the body for a life-long practice where we will discuss and practice how to care for and help protect the body from injury to age gracefully and be stronger than it has ever been before.

### YOGA RECOVERY
Align your joints and muscles in this gentle recovery class. A hybrid of yoga stretches along with fascia rolling to enhance the healing of our connective tissues. Yoga Recovery will help you stretch and roll to improve posture and the performance of daily activities.

### ZUMBA
It’s an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning total body dance based workout. It is a great mix of Latin flavor and international beats designed to tone your body from head to toe. Ages 13–15 must be accompanied by an adult.

### ZUMBA GOLD
Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements Zumba Fitness-Party is known for: the zesty Latin music; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. All levels. Ages 13–15 must be accompanied by an adult.

### AQUATIC GROUP EX CLASS SCHEDULE

#### MONDAY
- **LAP SWIM** 7am–12pm  
- **AQUA FIT** 9–9:50am, Melanie  
- **LAP SWIM** 12–12:30pm (Adults 18+)  
- **OPEN/LAP SWIM** 12:30–4pm  
- **JACUZZI CLOSED** 6:30pm  
- **LAP SWIM** 6:30–8pm

#### TUESDAY
- **LAP SWIM** 7am–12pm  
- **AQUA FIT** 9–9:50am, Melanie  
- **OPEN/LAP SWIM** 12:30–4pm  
- **LAP SWIM** 12–12:30pm (Adults 18+)  
- **LAP SWIM** 6:30–8pm

#### WEDNESDAY
- **LAP SWIM** 7am–12pm  
- **LAP SWIM** 12–12:30pm (Adults 18+)  
- **OPEN/LAP SWIM** 12:30–4pm  
- **LAP SWIM** 6:30–8pm

#### THURSDAY
- **LAP SWIM** 7am–12pm  
- **AQUA FIT** 9–9:50am, Melanie  
- **OPEN/LAP SWIM** 12:30–4pm  
- **LAP SWIM** 6:30–8pm

#### FRIDAY
- **LAP SWIM** 7am–12pm  
- **AQUA TABATA** 9–9:50am, Melanie  
- **OPEN/LAP SWIM** 12:30–4pm  
- **LAP SWIM** 6:30–8pm

#### SATURDAY
- **LAP SWIM** 7am–12pm  
- **OPEN/LAP SWIM** 10am–12pm  
- **LAP SWIM** 12–12:30pm (Adults 18+)  
- **OPEN/LAP SWIM** 12:30–4pm  
- **LAP SWIM** 3:30–4pm (Adults 18+)  
- **OPEN/LAP SWIM** 4–7pm ~4–6pm

#### SUNDAY
- **LAP SWIM** 8–10am  
- **OPEN/LAP SWIM** 10am–12pm  
- **LAP SWIM** 12–12:30pm (Adults 18+)  
- **OPEN/LAP SWIM** 12:30–3:30pm  
- **LAP SWIM** 3:30–4pm (Adults 18+)  
- **OPEN/LAP SWIM** 4–7pm ~4–6pm

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**EXERCISE/WATER WALKING** (Adults 18+) 8–10am, 6–7pm  
**OPEN SWIM** 10am–12pm  
**BREAK** 12–12:30pm  
**OPEN SWIM** 12:30–3:30pm  
**BREAK** 3:30–4pm  
**OPEN SWIM** 4–7pm  
**AQUA FIT** 5–5:50pm, Joett

**EXERCISE/WATER WALKING** (Adults 18+) 8–10am, 6–7pm  
**OPEN SWIM** 10am–12pm  
**BREAK** 12–12:30pm  
**OPEN SWIM** 12:30–3:30pm  
**BREAK** 3:30–4pm  
**OPEN SWIM** 4–7pm  
**AQUA ZUMBA** 5–5:50pm, Dela

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**OPEN SWIM** 4–7pm  
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**BREAK** 3:30–4pm  
**OPEN SWIM** 4–7pm  
**AQUA ZUMBA** 5–5:50pm, Dela

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**OPEN SWIM** 12:30–3:30pm  
**BREAK** 3:30–4pm  
**OPEN SWIM** 4–7pm  
**AQUA ZUMBA** 5–5:50pm, Dela

### ADVENTURE COVE

*IMPORTANT: MODIFIED AQUATIC CENTER HOURS BEGINNING SUNDAY, AUGUST 18. INCLUDES POOL CLOSURES AT 6PM. PLEASE SEE PAGE 1.*

**REV 7/23/19**