

GROUP EXERCISE SCHEDULE/JULY 2015

Please visit www.KauaiAthleticClub.com or call for class schedule on Holidays

KAPA'A

(808) 431-4873 • 5611 Kawaihau, Road, Kapa'a, HI 96746

Mon - Fri 5:00am - 11:00pm
Sat - Sun 7:00am - 8:00pm

MONDAY

- 6:00-7:15a Sunrise Yoga with Monica
- 8:00-9:00a Functional Strength with Joy
- 9:00-10:00a SuperFit + HIIT with Missy
- 10:00-10:30a CXWorx with Missy
- 5:00-6:00p BodyATTACK with Kim M.
- 6:00-7:00p BodyPUMP with Jenny

TUESDAY

- 9:00-10:00a PiYo Live with Terri
- 10:00-11:00a BodyPUMP with Kay
- 11:00-11:30a CXWorx with Kay
- 11:30-12:30p Silver Sneakers Classic with Debbie
- 4:00-5:00p Warrior Workout with Sandi O.
- 5:00-5:30p Tabata Time with Cristina
- 5:30-6:00p Core with Cristina
- 6:00-7:00p Cycle with Jenny

WEDNESDAY

- 6:00-7:15a Sunrise Yoga with Monica
- 8:00-9:00a Functional Strength with Joy
- 9:00-10:00a BODYCOMBAT with Missy
- 10:00-10:30a CXWorx with Missy
- 5:00-6:00p Zumba with Stacie
- 6:00-7:00p BodyPUMP with Jenny

THURSDAY

- 9:00-10:00a PiYo Live with Kim M.
- 10:00-11:00a BodyPUMP with Kay
- 11:00-11:30a CXWorx with Kay
- 11:30-12:30p Silver Sneakers Classic with Kay
- 12:30-1:30p S-T-R-E-T-C-H with Kay
- 5:00-6:00p Warrior Workout with Sandi O.
- 6:00-7:00p Cycle with Cristina

FRIDAY

- 9:00-10:00a SuperFit + HIIT with Missy
- 10:00-10:30a CXWorx with Missy
- 5:00-6:00p BodyPUMP with Brooke

SATURDAY

- 8:30-9:30a Cycle with Kay
- 9:30-10:00a CXWorx with Kay
- 10:00-11:00a BodyPUMP with Kay
- 5:30-6:30p Zumba with Sandie

SUNDAY

- 8:00-9:30a Yoga for All with Snehan
- 1:00pm-2:00p Chair Yoga with Renata

LIHU'E

(808) 245-5381 • 3371 Wilcox Rd. Unit 101, Lihue, HI 96766

Mon - Fri 5:00am - 11:00pm
Sat - Sun 8:00am - 7:00pm

MONDAY

- 7:30-8:30a Cycle with Cynthia
- 8:30-9:30a TRX Build & Burn with Natalie (downstairs)
- 8:30-9:30a BodyPUMP with Jodee
- 10:30-11:30a Senior Aerobics with Terri
- 4:30-5:30p Zumba with Stacie
- 5:30-6:30p R.I.P.P.E.D with Kehau

TUESDAY

- 7:00-8:00a Sunrise Yoga with Renata
- 10:30-11:30a Hularobics with Tobbie
- 12:00-1:00p PiYo Live with Cynthia
- 4:30-5:00p CXWorx with Kim S.
- 5:00-6:00p BodyPUMP with Kim S.
- 6:00-7:00p BodyCOMBAT with Johnny

WEDNESDAY

- 6:00-7:00a BodyPUMP with Rob
- 8:30-9:30a TRX Build & Burn with Natalie (downstairs)
- 10:30-11:30a Silver Sneakers Classic with Jane
- 4:30-5:30p Cycle with Phyllis
- 5:30-6:30p R.I.P.P.E.D with Kehau
- 6:30-8:00p Yoga for All with Mark

THURSDAY

- 7:00-8:00a Restorative Yoga with Rob
- 10:30-11:30a Hularobics with Tobbie
- 12:00-1:00p PiYo Live with Kim M.
- 4:30-5:00p CXWorx with Kim S.
- 5:00-6:00p BodyPUMP with Kim S.
- 6:00-7:00p BodyCOMBAT with Liz
- 7:00-7:30p Zumba with Troy
- 7:30-8:00p Zumba Step with Troy

FRIDAY

- 8:30-9:30a TRX Build & Burn with Natalie (downstairs)
- 8:30-9:30a Cycle with Jodee
- 9:30-10:30a BodyPUMP with Jodee
- 11:00-12:00p Silver Sneakers Classic with Kay
- 12:00-1:00p S-T-R-E-T-C-H with Kay
- 4:30-5:30p Cycle with Jenny
- 6:00-7:00p Vital Hip Hop with Ron

SATURDAY

- 8:30-9:30a Cycle with Jodee
- 10:00-11:00a R.I.P.P.E.D with Kehau

SUNDAY

- 8:30-9:30a SuperFit + HIIT with Missy
- 11:00-12:30p Yoga for Athletes with Monica
- 1:30-2:30p Zumba Toning with Joanie



GROUP EXERCISE KEY

- Primarily an aerobic/cardiovascular workout
- Primarily an muscular strength/resistance workout
- A cardio workout on stationary bikes with music
- Primarily a mind/body type of workout
- A combination of cardio/strength, or specialty class

IMPORTANT DATES

Saturday, July 4th No Classes