

MONDAY

Fitzone

6:00 **Boot Camp**



7:30 ZUMBA fitness

8:30Pilates Reformer****



9:45 Hot Hula

11:15Pilates Reformer****



4:00TRX Blast****



6:30 GENTLE YOGA

6:30TRX Blast****

Pool

8:30 AquaFit

10:00 Lite & Easy

5:15pmPilates Reformer****

TUESDAY

Fitzone

6:00 LES MILLS BODYPUMP

7:10 LOMI STRETCH



8:30Pilates Reformer****



9:45 Lite & Easy

11:00 Silver&Fit: L2



5:15 **TRX Blast**

6:15 ZUMBA fitness

WEDNESDAY

Fitzone

7:00 **Boot Camp**



8:30Pilates Reformer****



11:00 LES MILLS BODYFLOW

11:15 **Pilates Reformer**



5:15 LES MILLS BODYPUMP

5:15Pilates Reformer****

6:30 VINYASA YOGA

Pool

8:30 AquaFit

10:00 Lite & Easy

****Pilates Reformer****

7:30am & 4:00pm

THURSDAY

Fitzone

6:00 LES MILLS BODYPUMP

7:10 LOMI STRETCH



8:30Pilates Reformer****



11:00 Silver&Fit: L2

4:00Pilates Reformer****



4:30 **TRX Blast**



5:15 LES MILLS BODYCOMBAT

FRIDAY

Fitzone



8:30 LES MILLS BODYPUMP

9:30Pilates Reformer****



11:15 **Pilates Reformer**

2:30 HULA



5:15 Hot Hula

Pool

8:30 AquaFit

10:00 Lite & Easy

****Pilates Reformer****

7:15am & 8:30am

SATURDAY

Fitzone



7:15TRX Blast****

8:30Pilates Reformer****



8:30 LES MILLS BODYJAM

Pool

8:30 AquaFit

9:30 Aqua Zumba

9:30 Stretch & Tone

SUNDAY

Fitzone

7:15 LES MILLS BODYFLOW

8:30 LES MILLS RPM 60m

9:30 Pool: Aqua Tone and

Yoga

9:45 YOGA MOVES

CLASS DESCRIPTIONS

GENTLE YOGA: get in touch w/ your body & breath thru simple & basic postures

YOGA MOVES: active & moving; a total mind-body workout. VINYASA YOGA:

vigorous, flowing poses linked together in powerful dynamic sequences ZUMBA:

cardio dance interval training where fast and slow rhythms and resistance

training are combined to tone and sculpt your body while burning fat. Add some

Latin flavor and international zest into the mix and you've got Zumba@!

BODYCOMBAT: a fiercely energetic program inspired by martial arts draws

from a wide array of disciplines such as Karate, boxing, Taekwondo, Tai Chi &

Muay Thai. BODYFLOW: the Yoga, Tai Chi, Pilates workout that builds flexibility

and strength & leaves you feeling centered and calm. BODYJAM: the cardio workout

where you are free to enjoy the sensation of dance. A fusion of the latest dance moves

& hottest new sounds puts the emphasis as much on having fun as breaking a sweat.

BODYPUMP: the original barbell class that strengthens your entire body in a 60-

minute workout challenging all your major muscle groups by using the best weight-

room exercises like squats, presses, lifts and curls.

RPM: Discover the athlete within – sweat and burn to reach your endorphin high with

this indoor cycling workout riding to the

rhythm of powerful music taking on the terrain of hills, flats, mountain peaks, time trials & interval training. LOMI

STRETCH: for all the major muscle groups; relaxing! CORE&MORE:

strengthens, tones, improves posture, flexibility & balance; unites body & mind;

creates a more streamlined shape. PILATES REFORMER**limit 3 per class, additional fee**

AQUAFIT: aerobics in the pool using a variety of exercises & equipment

LITE&EASY: slower-paced aqua class designed for the senior exerciser



Group Fitness Classes

Effective 04/10/2011

M-F 5:00am-9:00pm

Sa-Su 7:00am-6:00pm

Pool closes ½ Hour before closing

75-5699 Kopiko Rd.

Kailua Kona, HI 96740

808-326-CLUB

www.theclubinkona.com

