






## MONDAY

### Fitzone


- 7:30  RPM
- 8:30  ZUMBA fitness
- 9:45  BODYPUMP
- 4:00  BODYJAM
- 5:15  BODYPUMP
- 6:30 GENTLE YOGA

### Pool

- 8:30 AquaFit
- 10:00 Lite & Easy
- \*\*Pilates Reformer\*\***
- 4:00pm & 5:15pm

## TUESDAY

### Fitzone



- 6:00  BODYPUMP
- 7:10 LOMI STRETCH
- 8:30  RPM
- 9:30  BODYFLOW
- 11:00 Silver&Fit: L2
- 4:00  BODYCOMBAT
- 5:15  RPM
- 6:15  ZUMBA fitness

### **\*\*Pilates Reformer\*\***

- 7:30am & 8:30 am
- 5:15pm

## WEDNESDAY

### Fitzone

- 7:30  RPM
- 8:30  BODYCOMBAT
- 9:45  BODYPUMP
- 11:00  BODYFLOW
- 4:15  RPM
- 5:15  BODYPUMP
- 6:30 VINYASA YOGA

### Pool

- 8:30 AquaFit
- 10:00 Lite & Easy
- \*\*Pilates Reformer\*\***
- 7:30am & 4:00pm

## THURSDAY

### Fitzone

- 6:00  BODYPUMP
- 7:10 LOMI STRETCH
- 8:30  BODYFLOW
- 10:45  ZUMBA fitness
- 11:00 Silver&Fit: L2
- 4:00  ZUMBA fitness
- 5:15  RPM
- 6:15  BODYCOMBAT
- \*\*Pilates Reformer\*\***
- 7:30am, 4:00pm & 5:15pm

## FRIDAY

### Fitzone

- 6:30 CORE & MORE
- 7:30  RPM
- 8:30  BODYPUMP
- 9:45  BODYFLOW
- 11:00 Zumba Gold
- 2:30 HULA
- 4:00  BODYPUMP
- 5:15  BODYFLOW

### Pool

- 8:30 AquaFit
- 10:00 Lite & Easy
- \*\*Pilates Reformer\*\***
- 7:30am & 8:30am

## SATURDAY

### Fitzone



- 7:15  BODYPUMP
- 8:30  BODYCOMBAT
- 9:45  BODYJAM

### Pool

- 8:30 AquaFit
- 9:30 Aqua Zumba
- 9:30 Stretch & Tone
- \*\*Pilates Reformer\*\***
- 8:30am

## SUNDAY

### Fitzone

- 7:15  BODYFLOW
- 8:30  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 02/01/2010  
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](http://www.theclubinkona.com)

