

# FACILITY & CLASS SCHEDULE - MAY 2012

See reverse for class descriptions.

**FACILITY OPERATING HOURS: Mon-Fri: 5am-9pm | Sat: 7am-9pm | Sun: 8am-8pm**

**\*NOTE: Memorial Day, May 28 Hours: 8am-4pm**



**KROC CENTER**

HAWAII

ATHLETIC CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SPORTS COURT</b> 9am-12noon	<b>SPORTS COURT</b> 9am-1pm	<b>SPORTS COURT</b> 9am-12noon	<b>SPORTS COURT</b> 9am-12noon	<b>SPORTS COURT</b> 9am-1pm	<b>SPORTS COURT</b> 9am-12noon	<b>SPORTS COURT</b> 12noon-7pm
<b>SPORTS COURT</b> 3pm-8pm <i>May 28 Holiday Hours: 10am-4pm</i>	<b>CLOSED FOR PROGRAMMING</b> 1-9pm	<b>SPORTS COURT</b> 3pm-6pm	<b>SPORTS COURT</b> 3pm-6pm <b>ZUMBATOMIC</b> 3:30-4:30pm, Carla Max. 25	<b>CLOSED FOR PROGRAMMING</b> 1-9pm	<b>SPORTS COURT</b> 3pm-8pm	<b>May 27 - CLOSED</b>

**SPORTS COURT TIME IS FOR MEMBERS AND DAY PASS USERS. SPORTS COURT WILL BE CLOSED ON MAY 27.**

STUDIO 1

<b>ZUMBA</b> 8:30-9:30am, Chelsea	<b>TAI CHI</b> 7-8am, Jerry	<b>BOOTCAMP</b> 8:30-9:30am, Buffy	<b>TAI CHI</b> 7-8am, Jerry	<b>HATHA YOGA</b> 9:30-10:30am, Bob	<b>ZUMBA</b> 8:15-9:15am, Mike	<b>TOTAL BODY CONDITIONING</b> 9-10am, Lori
<b>BOOTCAMP</b> 4:30-5:30pm, Buffy	<b>FOAM ROLLER</b> 8:30-9:30am, Anthony	<b>TOTAL BODY CONDITIONING</b> 5-6pm, Lori	<b>BOOTCAMP</b> 4:30-5:30pm, Nancy	<b>FOAM ROLLER</b> 5:30-6:30pm, Anthony	<b>EZ STEP</b> 9:30-10:30am, Chris	
<b>CARDIO KICKBOXING</b> 5:45-6:45pm, Leilani	<b>POWER SCULPT</b> 9:30-10:30am, Carla	<b>YOGA BASICS</b> 6-7pm, Lori	<b>CARDIO KICKBOXING</b> 5:30-6:30pm, Leilani	<b>ZUMBA</b> 6:45-7:45pm, Mike	<b>YOGA</b> 10:30-11:30am, Lori	
	<b>ZUMBA</b> 6-7pm, Shinobu	<b>TEEN ORIENTATION</b> 3:30-4:30pm, Health & Wellness Center, Meet at Fitness Desk				
	<b>T.A.G</b> 7-7:30pm, Shinobu					

STUDIO 2

<b>CYCLE</b> 5:30-6:30pm, John Min. 1/Max. 30		<b>CYCLE</b> 5:30-6:30pm, Alika Min. 1/Max. 30	<b>CYCLE</b> 8:30-9:30am, Blythe Min. 1/Max. 30	<b>BEGINNING CYCLE</b> 8:30-9:30am, Raul Min. 1/Max. 30		
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COMPETITION POOL

<b>LAP SWIM</b> 6:30am-12:30pm (14 lanes)	<b>LAP SWIM</b> 6:30am-12:30pm (14 lanes)	<b>LAP SWIM</b> 6:30am-12:30pm (14 lanes)	<b>LAP SWIM</b> 6:30am-12:30pm (14 lanes)	<b>LAP SWIM</b> 6:30am-12:30pm (14 lanes)	<b>LAP SWIM</b> 8:30am-12:00pm (7 lanes)	<b>LAP SWIM</b> 8:30am-12:00pm (7 lanes)
<b>BREAK</b> 12:30-1pm	<b>BREAK</b> 12:30-1pm	<b>BREAK</b> 12:30-1pm	<b>BREAK</b> 12:30-1pm	<b>BREAK</b> 12:30-1pm	<b>BREAK</b> Noon-12:30pm	<b>BREAK</b> Noon-12:30pm
<b>LAP SWIM</b> 1-6:30pm (7 lanes)	<b>LAP SWIM</b> 1-8:00pm (7 lanes)	<b>LAP SWIM</b> 1-6:30pm (7 lanes)	<b>LAP SWIM</b> 1-8:00pm (7 lanes)	<b>LAP SWIM</b> 1-6:30pm (7 lanes)	<b>LAP SWIM</b> 12:30-6:30pm (7 lanes)	<b>LAP SWIM</b> 12:30-6:30pm (7 lanes)

**COMPETITION POOL (DIVE BOARDS, CLIMBING WALL AND DEEP WATER OPEN SWIM), WEEKDAYS: 1-6PM; WEEKENDS: 12:30-6PM**

LEISURE POOL/RIVER

<b>AQUA JOG</b> 9:30-10:30am, Mariane	<b>OPEN SWIM*</b> 10am-12:30pm	<b>AQUA ZUMBA</b> 9:30-10:30am, Carla	<b>AQUA FIT</b> 9:30-10:30am, Carla	<b>OPEN SWIM*</b> 9am-12pm	<b>AQUA CARDIO</b> 8:15-9:15am, Chris	<b>OPEN SWIM*</b> 9am-12pm
<b>OPEN SWIM*</b> 10am-12:30pm	<b>BREAK</b> 12:30-1pm	<b>OPEN SWIM*</b> 10am-12:30pm	<b>OPEN SWIM*</b> 10am-12:30pm	<b>BREAK</b> 12-12:30pm	<b>OPEN SWIM*</b> 9am-12pm	<b>BREAK</b> 12-12:30pm
<b>BREAK</b> 12:30-1pm	<b>OPEN SWIM*</b> 1pm-6:30pm	<b>BREAK</b> 12:30-1pm	<b>BREAK</b> 12:30-1pm	<b>OPEN SWIM*</b> 12:30pm-6:30pm	<b>BREAK</b> 12-12:30pm	<b>OPEN SWIM*</b> 12:30pm-6:30pm
<b>OPEN SWIM*</b> 1pm-6:30pm	<b>AQUA FIT</b> 5-6pm, Nancy	<b>OPEN SWIM*</b> 1pm-6:30pm	<b>OPEN SWIM*</b> 1pm-6:30pm		<b>OPEN SWIM*</b> 12:30pm-6:30pm	

**LAP POOL MAY BE CLOSED FOR LEARN-TO-SWIM CLASSES THRU MAY 6**

SLIDES

<b>OPEN SLIDES</b> 1-6:30pm <i>May 28 Holiday Hours: 10am-3:30pm</i>	<b>OPEN SLIDES</b> 1-6:30pm	<b>OPEN SLIDES</b> 1-6:30pm	<b>OPEN SLIDES</b> 1-6:30pm	<b>OPEN SLIDES</b> 9am-12pm 12:30-6:30pm	<b>OPEN SLIDES</b> 9am-12pm 12:30-6:30pm	<b>OPEN SLIDES</b> 9am-12pm 12:30-6:30pm
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CHILD WATCH

<b>OPEN</b> 8am-8pm	<b>OPEN</b> 8am-8pm	<b>OPEN</b> 8am-8pm	<b>OPEN</b> 8am-8pm	<b>OPEN</b> 8am-8pm	<b>OPEN</b> 8am-3pm	<b>CLOSED</b>
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**Questions? Call us (808) 682-5505**

All schedules subject to change. Aquatic Exercise classes may be cancelled due to weather conditions. Visit us online at [www.KrocCenterHawaii.org](http://www.KrocCenterHawaii.org) for most current schedule.\* Areas of Leisure Pool may be unavailable for open swim during class times. Note: Sports Court may be closed for programming or private events.

**REMINDER: Outside food not permitted. Alcohol, tobacco and firearms strictly prohibited.**

# GROUP EXERCISE CLASS DESCRIPTIONS

Effective May 2012

See reverse for class schedule.

**FACILITY OPERATING HOURS: Mon-Fri: 5am-9pm | Sat: 7am-9pm | Sun: 8am-8pm**



HAWAII

## LAND GROUP EXERCISE

### BOOTCAMP

It's fun, it's challenging, and it's a total body workout for any fitness level! Increase your speed, agility, balance, coordination and strength, and prepare to sweat in this circuit training class. This class combines intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout. Ages 13-15 must be accompanied by an adult.

### CARDIO KICKBOXING

Cardio kickboxing incorporates a combination of kickboxing and dance moves to high energy and motivating music. This class is a unique blend of intense intervals of strength/endurance training coupled with a relaxing cool-down. 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! Everyone leaves class a winner. See beginning option on Fridays. Ages 13-15 must be accompanied by an adult.

### CYCLE FOR BEGINNERS

Do you want to get a great workout on a stationary bike? This is a class that people of all ages can benefit from. Try this excellent cardio class where you will learn bike adjustments, resistant knob, pace and much more. All levels. Ages 16 and over.

### TOTAL BODY CONDITIONING

A workout designed to tone and define the body while strengthening the major muscles. Core training included. All levels. Age 13-15 must be accompanied by an adult.

### EZ STEP

A cardiovascular and lower body conditioning workout on a step. All levels. Ages 13-15 must be accompanied by an adult.

### HATHA YOGA

This class focuses on a set of postures that will stretch and strengthen all parts of your body while increasing your concentration and balance, with emphasis on the spine and body core. These postures are designed to counteract the effects of injuries that have occurred over your lifetime and to maintain your health over the long term. Regular and consistent practice trains the mind to concentrate and to control the body to attain precise postures. All levels. Ages 13-15 must be accompanied by an adult.

### PIYO

PiYo is a fusion workout based on the principals of Yoga and Pilates. It is a low impact, yet high energy workout that will improve your balance, strength and flexibility as well as burn calories, promote weight loss and visibly improve muscle tone with regular practice. PiYo is a wonderfully dynamic and endlessly variable workout that is suitable for all fitness levels. All levels/ Ages 16 and over.

### POWER 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 welcome. Ages 13-15 must be accompanied by an adult.

### T.A.G.

This exciting class concentrates specific toning exercises for your thighs, abs and glutes. All fitness levels welcome. Ages 13-15 must be accompanied by an adult.

### TAI CHI: MOVING FOR BETTER BALANCE

This program is endorsed by the Centers for Disease Control and Prevention as an effective intervention for preventing falls. It is evidence based, and also community translated, meaning it has gone through the clinical studies proving its effectiveness under laboratory conditions, and has also been evaluated in the community setting; in senior facilities and community centers. Research shows a decrease in falls of 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. Age 13-15 must be accompanied by an adult.

### YOGA BASICS

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

### 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.

### ZUMBATOMIC

Designed exclusively for kids (ages 7-12), Zumbatomic classes are rockin', high-energy with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. All levels. Ages 7-12 years old.

## WATER GROUP EXERCISE

### AQUA CARDIO

A fun workout to improve your cardio, flexibility and range of motion. All Levels. Age 13-15 must be accompanied by an adult.

### AQUA FIT

A class for everyone, especially for those with joint ailments or injuries. Get fit with this challenging water workout. After a gentle warm-up in the calm water, you will ease into the exercises using your own body weight and water resistance dumbbells. Easy on the joints, this class is excellent for cardiovascular conditioning, flexibility and strength. All Levels. 16 and over.

### AQUA JOG

It is a high intensity cross training water based fitness program that provides the benefits of little to no impact on joints, expands lung capacity as well as providing the benefits of weight and resistance training of a traditional gym. 16 and over.

### AQUA ZUMBA

Splashing, stretching, twisting, even shouting, laughing, are often heard during an Aqua Zumba 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. Age 13-15 must be accompanied by an adult.

## POOL REMINDERS

**AGE REQUIREMENT:** Children ages 4 & under **MUST** be accompanied **IN THE WATER** by an adult 18 years of age or older. Children ages 5 & 6 **MUST** be supervised **IN THE POOL AREA** by an adult 18 years of age or older. Ages 7 and older may swim without an adult if able to pass a swim test.

**SLIDE USE:** All riders must be at least 48 inches (4 feet) in height.

**COMPETITION POOL USE:** Everyone under 18 must pass a swim test to utilize the competition pool.

**SPA USE:** Spa is only for adults 18 years old and older.

For complete list of pool rules, please see lifeguard on duty.