

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

ATHERTON

August 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 - 11:30 am Mixed Level Vinyasa Shanda
5:15 - 6:45 pm Yoga Basics (Introductory Yoga) Shanda	5:30 - 6:30 pm Turbo Kick™/ Hip Hop Hustle™ Keri	5:15 - 6:45 pm Advanced Beginner/ Intermediate Vinyasa Shanda	5:30 - 6:30 pm Turbo Kick™/ Hip Hop Hustle™ Keri	5:15 - 6:30 pm Mixed Level Yoga Shanda	For your safety do not enter over 10 minutes of start time.
	6:30-7:30pm PiyO™ Blasi		6:30-7:30 Hatha Yoga Katrina		
NOTE: Turbo Kick will be held on Tuesday and Thursday. Hatha Yoga will be held on Friday. Hatha Yoga will begin at 6:30.					
Classes/ Instructors are subject to change			Please check bulletin boards daily for updates		
1810 University Avenue, Honolulu, Hawaii 96822 (808)946-0253 or visit www.ymcahonolulu.org					

Membership Options:	1st Year Monthly Bank Draft	2nd Year Monthly Bank Draft		
Enroll In Atherton Membership:	Attend all classes/activities on the Group Exercise Schedule at the Atherton Branch			
Only Island-Wide Teen Available (13 - 18 years)	\$22/mo	\$22/mo		
Young Adult (19 - 23 years)	\$32/mo	\$32/mo		
Adult	\$46/mo	\$40/mo		
Senior (65 + years)	\$42/mo	\$36/mo		
Family (2 Adults in same household + teens)	\$75/mo	\$69/mo		
Enroll In Island-Wide Membership:	on, Central, Kaimuki, Kalihi, Leeward, Mililani, Nuuanu & Windward YMCAs			
	1st Year Monthly Bank Draft	2nd Year Monthly Bank Draft		
Teen (13 - 18 years)	\$22/mo	\$22/mo		
Young Adult (19 - 23 years)	\$43/mo	\$37/mo		
Adult	\$51/mo	\$45/mo		
Senior (65 + years)	\$47/mo	\$41/mo		
Family (2 Adults in same household + teens)	\$85/mo	\$79/mo		

Rates valid through August 2008. If enrolling after August 2008, please call for current rates.