

# Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

# ATHERTON

May 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 - 11:30 am Vinyasa Flow Shanda
5:15 - 6:45 pm Hatha Yoga  Katrina	5:30 - 6:30 pm Turbo Kick™/ Hip Hop Hustle™  Blasi	5:15 - 6:45 pm Vinyasa Flow  Shanda	5:30-6:30 pm Turbo Kick™  Keri	5:15 - 6:45 pm Hatha Yoga  Shanda	For your safety do not enter  over 10 minutes of start time.
	6:30-7:30pm Piyo™ Blasi	7:00-8:15pm Yoga -mixed Shanda			
Classes/ Instructors are subject to change			Please check bulletin boards daily for updates		
<b>1810 University Avenue, Honolulu, Hawaii 96822</b> <b>(808)946-0253 or visit <a href="http://www.ymahonolulu.org">www.ymahonolulu.org</a></b>					

Membership Options:	1st Year Monthly Bank Draft	2nd Year Monthly Bank Draft		
<b>Enroll In Atherton Membership:</b>	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		
<b>Enroll In Island-Wide Membership:</b>	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 May 2008. If enrolling after May 2008, please call for current rates.