



YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

ATHERTON

July 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 - 11:30 am Ashtanga/ Vinyasa Flow Marc
5:30 - 6:45 pm Yoga Basics (Introductory Yoga) Marc	5:30 - 6:30 pm Turbo Kick™ Keri	5:30 - 6:45 pm Intermediate Vinyasa Elizabeth	5:30 - 6:30 pm Turbo Kick™ Jeff	5:30 - 6:30 pm Mixed Level Yoga Abby	
6:45 - 8:15 pm Int/Adv. Yoga Elizabeth		6:45-8:15pm Hip Hop Funk Kehau	6:30-8:00pm Hatha Yoga Elizabeth		For your safety do not enter after 10 minutes of start
 No classes will be held on Saturday, July 4 in observance of Independence Day. 					
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					

Looking for even more value from your YMCA membership?

Ask about *Island-wide Membership* and *Membership For All*.

Island-wide Membership

Your YMCA membership is a passport to a world of health and wellness opportunities. As an island-wide member, you and your family will enjoy unlimited access to a wide range of programs, classes and amenities at all YMCA branches, including Atherton, Central, Kaimuki-Waiialae, Kalihi, Leeward, Mililani, Nuuanu and Windward. No matter where you live and work, the YMCA is just around the corner. JOIN TODAY!

Membership For All

In January 2009, the YMCA of Honolulu is making a bold move. We will be implementing "Membership For All," an income-based, island-wide membership model that will make the YMCA more accessible to all. We wanted to find a way to make the YMCA an affordable place where all in our community can exercise and play with a healthier lifestyle in mind.