

Group Fitness Class Descriptions

www.honoluluclub.com



Program Information & Class Etiquette

- Please Silence all cell phones
- Unless otherwise designated on the schedule, classes are designed to accommodate all student levels.
- Please respect individual class policy regarding late arrivals and early departures.
- Your feedback is an integral component, please take a moment and pick up a comment suggestion card at the Hospitality Desk.

Studio Cycling Participants

- To ensure a proper bike fit, please arrive 15 minutes before class so instructors may assist you (latecomers may be turned away if adequate time is not available to provide proper instruction).
- Bring a towel and a water bottle to class. Bike shorts or gel seats are also recommended for your comfort.
- Please place a towel under your bike during the ride and wipe it down after each class.

Please contact your Group Fitness Manager, Bianca Moxey, at 543-3970 for more information.

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AQUA FITNESS

Aerobic classes harness the power of water to add resistance to every movement! This non-impact workout is excellent for cardiovascular conditioning, flexibility, and strength.

KICK-BOX

Action packed cardio with a PUNCH! Learn how to safely kick and punch your way to a stronger cardio respiratory system, while increasing your sense of balance, muscular endurance, and coordination. All skill levels welcome.

BALL CLASSES

BODY SCULPTING/STABILITY & STRENGTH

Incorporates FitBalls and resistance equipment to tone, strengthen and elongate muscles. Gain awareness and insight into personal postural habits and body imbalances. Work to reconnect to your body, correct poor alignment habits and strengthen from the inside out.

NO CHOREOGRAPHY-EASY TO FOLLOW

PILATES ON THE BALL

Exercises using the physio-balls. Enhances balance, strength in core, and maintains healthy back. Gain awareness and insight into personal postural habits, and body imbalances. Work to reconnect to your body, and correct poor alignment habits.

STABILITY & STRETCH WITH BALL

Targets muscles of the core and flexibility.

MUSCLE CONDITIONING

A classic muscular endurance and strength workout using hand weights, benches, body bars, tubing, and resistance bands to cause overload to working muscle groups.

STEP FORMATS

A cardiovascular and lower body conditioning class performed on one or more platforms. Classes are taught in all three levels unless designated:

Level I- Novice (learning terminology & technique)

Level II –Intermediate (demonstrates proper form/technique)

Level III- Veteran (can follow more intricate step patterns without compromising for and/or is able to work in the upper heart rate zones).

MULTI STEP: A level III class requiring advanced step skills.

Multiple platforms are used

BALLET & JAZZ

Traditional dance classes with members of the Tau Dance Theater and Hawaii's finest talent.

SPEED & STABILITY

This cardio and strength interval class fully utilizes the ball to tone and train the body! Get a full-body workout to see full-body results!

BOOTCAMP

Offers hard-core drills and challenging athletic movements. Burn calories, build strength, and increase stamina.

STRETCH

Gently stretch muscles and open joints to improve posture, mobility, and back health. Classes may focus on balance, core, or restoration.

BUTTS N' GUTS I, II

Tighten your abs and glutes in this fun 30-minute class!

STUDIO CYCLING

A group cycling journey along flat roads, up long hills...wherever the music and your mind will take you. Training is based on individual heart rate zones (monitors available from the 5th floor fitness desk). New students should arrive 15 minutes prior to start of class for proper bike set-up and instruction.

CARDIO CLASSES

Cardio Boogie: Rock'n roll, Macarena, hip hop, country!

Cardio Mix: A cardiovascular workout that combines fun and easy combinations working all major muscles.

Classic Aerobics: simple to more complex foot patterns with mixed impact options and a "classic high energy" feel.

Hip Hop: street dance. Learn all the latest choreography moves you see in music videos or clubs...you'll be ready for your next night on the dance floor! All skill levels welcome...don't be shy!

Latin Cardio Combo: Latin dancing with a cardio workout twist! In this class, you will learn simple dance choreography that will make you sweat and sway to the music.

Low Impact: Basic patterns with one foot remaining in contact with the floor at all times.

UNIVERSAL CHI

Both martial and healing arts, these classes teach you how to connect your chi (energy source) and bring forth heightened awareness and sensitivity to the body experience. All skill levels welcome.

THE NIA TECHNIQUE

Nia is an expressive fitness and awareness movement practice. Women, men, young and old can experience the expressiveness of dance, the power and explosiveness of martial arts and the wisdom of healing arts. Nia's barefoot, grounded approach maximizes body efficiency and teaches you to consciously move with joy and the absence of pain-gracefully and powerfully.

For class Instructors, Times, and Locations:

Visit our Website at

www.honoluluclub.com

Or pick up a copy of our current monthly
Group Fitness Schedule

YOGA

Ashtanga (Power) Yoga is a **level III**, advanced style of yoga, flowing vigorously between postures, increasing core temperature, muscular strength, and endurance. **(Prior yoga experience required)**. **Iyengar Yoga** focuses on precise alignment of bones and body positioning using various props to open joints and release tension. **Vinyasa Yoga** focuses on connecting the breath with the flow of movement. Strength and flexibility is enhanced through this practice.

