



WAHIAWA ANNEX GROUP EXERCISE



Classes **FREE**
to all eligible
patrons.



CYCLE FIT

MONDAY & WEDNESDAY • 11:30 AM

This motivating cycle class utilizes music, technique and choreography to culminate into a great low-impact cardio conditioning workout. Class includes core exercises.

YOGA

TUESDAY • 11 AM

A complete 60 minute mind and body workout that develops concentration, strength, and reduces stress. Yoga postures and stretching are comined to promote flexibility.



For more information, call 653-5542 or visit www.greatlifeohawaii.com