



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

300 W. Lanikaula Street
Hilo, HI 96720 - 808-935-3721
<https://islandofhawaiiymca.org/>

FITNESS CLASS SCHEDULE

Effective October 1, 2021

MONDAYS:	9:00 am 11:30 am 1:00 pm 4:00 pm 5:30 pm 7:00 pm	Zumba Gold Toning – HARRIET Zumba - MAX Boxercise (no contact) - KEONI Yoga Blend – AMANDA Zumba & Toning – JoYI Hula 'Auana – CHARLENE
TUESDAYS:	5:30 am 6:30 am 6:45 am 8:30 am 9:45 am 11:30 am 2:00 pm 4:00 pm 5:30 pm	COACHING – Group Fitness – DORIAN Zumba & Toning – JoYI COACHING – Group Fitness – DORIAN Zumba – LIZ Tahiti Fit – Intro – DYLAN Hula 'Auana – CHARLENE Tahiti Fit – Basics & Technique – DYLAN Zumba Toning – MAX Tai Chi – Movement Meditation - JILL
WEDNESDAYS:	8:30 am 10:30 am 1:00 pm 4:00 pm 5:30 pm	Smooth Moves Soul Line Dancing – ANDEE Zumba Gold - MARYLINE Hula Basics - CHARLENE Yoga Blend - AMANDA Zumba – CHERYL
THURSDAYS:	5:30 am 6:30 am 6:45 am 8:30 am 10:00 AM 2:00 pm 4:30 pm 5:30 pm 6:45 pm	COACHING – Group Fitness – DORIAN Zumba & Toning – JoYI COACHING – Group Fitness – DORIAN Tai Chi – Movement Meditation – JILL Boxercise (no contact) - KEONI Tahiti Fit – Basics & Technique – DYLAN Dance Fitness – ASH Zumba & Toning – JoYI Tahiti Fit - Cardio & Toning – DYLAN

Members must register on Gym Master & sign in w/FOB. Temp check upon check-in. COVID VAX verification.

PLEASE CHECK GYM MASTER TO CONFIRM YOUR CLASSES!

FITNESS CENTER HOURS:

Monday-Friday: 4:00 am – 9:00 pm
Saturday: 6:00 am – 8:00 pm
Sunday: 8:00 am – 5:00 pm

Fitness Class Schedule
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FRIDAYS: 8:00 am Yoga Blend – AMANDA
9:30 am Zumba Gold Toning – HARRIET
11:00 am Hula 'Auana - CHARLENE
5:30 pm Zumba – CHERYL
7:00 pm Country Line Dancing – TOMMY

SATURDAYS: 6:30 am Silver Sneakers – YOLANDA
8:00 am Tahiti Fit Intro – DYLAN
1:00 pm Tai Chi - Basic - VIVIAN
2:30 pm Table Tennis – OPEN
3:30 pm Table Tennis – OPEN
4:30 pm Table Tennis - OPEN

SUNDAYS: 8:30 am Zumba - LIZ
10:00 am Tai Chi - Intermediate - VIVIAN
11:30 am Smooth Moves Soul Line Dancing – ANDEE
1:30 pm Zumba Fitness - Maryline

YMCA CLOSED ON:
Thursday, November 25 – Thanksgiving
Thursday, December 24 – Christmas Eve (close at 12:00 noon)
Saturday, December 25 – Christmas Day
Friday, December 31 – New Year's Eve (close at 12:00 noon)
Saturday, January 1 – New Year's Day



Checkout your instructor on IG or FB:

Amanda - @mandealvarado
Andee- @andeekunimura
Ash - @ashtsuji
Charlene - @charlenelagrimas
Cheryl - @cherylanndemello
Dorian - @dorianrhyss
Dylan - @titabuncrew
Harriet - @harrietrocha
Jill - @jillisasiegelstone
JoYI - @MoxieFitnessHilo & vegan_seoulsistah
Liz - @elizabethkaeha
Maryline - @marylinekettavong
Max - @maxinebarrere
Vivian - @vivianstein
Yolanda - @yolandatansley



Facebook: The Island of Hawaii YMCA
Instagram: Island of Hawaii YMCA

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