



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

## FITNESS CLASS SCHEDULE

### Effective November 1, 2021

<b>MONDAYS:</b>	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
<b>TUESDAYS:</b>	5:30 am 6:30 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 Zumba – LIZ Tahiti Fit – Intro – DYLAN Hula 'Auana – CHARLENE Tahiti Fit – Basics & Technique – DYLAN Zumba Toning – MAX Tai Chi – Movement Meditation - JILL
<b>WEDNESDAYS:</b>	8:30 am 9:45 am 11:00 am 1:00 pm 5:30 pm	Smooth Moves Soul Line Dancing – ANDEE Zumba Gold Toning - HARRIET Zumba Gold - MARYLINE Hula Basics - CHARLENE Zumba – CHERYL
<b>THURSDAYS:</b>	5:30 am 6:30 am 8:30 am 10:00 am 3:15 pm 4:30 pm 5:30 pm 6:45 pm	COACHING – Group Fitness – DORIAN Zumba & Toning – JoYI Tai Chi – Movement Meditation – JILL Boxercise (no contact) - KEONI Dance Fitness – ASH 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!**

**NOTE: NO FITNESS CLASSES ON NOVEMBER 24, 25, 26, 2021**

### 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

**CLOSE NOVEMBER 24, 2021 @ 12:00 NOON**

Fitness Class Schedule  
Effective November 1, 2021

**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  
7:45 am Tabata Boom! - YOLANDA  
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  
Friday, December 24 – Christmas Eve (close at 12:00 pm)  
Saturday, December 25 – Christmas Day  
Friday, December 31 – New Year's Eve (close at 12:00 pm)  
Saturday, January 1 – New Year's Day

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**Checkout your instructor on IG or FB:**

**Amanda - @mandealvarado**  
**Andee- @andeeunimura**  
**Ash - @ashtsuji**  
**Charlene - @charlenelagrimas**  
**Cheryl - @cherylanndemello**  
**Dorian - @dorianrhyss**  
**Dylan - @titabuncrew**  
**Harriet - @harrietrocha**  
**Jill - @jilliasiegelstone**  
**JoYI - @MoxieFitnessHilo & vegan\_seoulsistah**  
**Liz - @elizabethkaeha**  
**Maryline - @marylinekettavong**  
**Max - @maxinebarrere**  
**Vivian - @vivianstein**  
**Yolanda - @yolandatansley**



Facebook: The Island of Hawai'i YMCA  
Instagram: Island of Hawai'i YMCA

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