



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

FITNESS CLASS SCHEDULE

Effective December 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 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 & Dance – DYLAN Hula 'Auana – CHARLENE Tahiti Fit & Dance – DYLAN Zumba Toning – MAX Tai Chi – Movement Meditation - JILL
WEDNESDAYS:	8:30 am 9:45 am 11:00 am 1:00 pm NEW! 2:30 pm 5:30 pm	Smooth Moves Soul Line Dancing – ANDEE Zumba Gold Toning - HARRIET Zumba Gold - MARYLINE Hula Basics – CHARLENE Ukulele – Beginners - AL Zumba – CHERYL
THURSDAYS:	5:30 am 6:30 am 8:30 am 1:00 pm 2:00 pm 3:15 pm 4:30 pm 5:30 pm	COACHING – Group Fitness – DORIAN Zumba & Toning – JoYI Tai Chi – Movement Meditation – JILL Boxercise (no contact) - KEONI Tahiti Fit & Dance – DYLAN Dance Fitness – ASH Dance Fitness – ASH Zumba & Toning – JoYI

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:
December 11, 24, 25, 26, 31, 2021
January 1, 2, 2022**



YMCA HOLIDAY HOURS:

Fri. Dec. 24 – Christmas Eve: closed at 12:00 noon
 Sat. Dec. 25 – Christmas Day: closed
 Sun. Dec. 26 - closed
 Fri. Dec. 31 – New Year's Eve: closed at 12:00 noon
 Sat. Jan. 1 – New Year's Day: closed
 Sun. Jan. 2 – closed

MONDAY, JANUARY 3, 2022: RESUME REGULAR HOURS OF OPERATION

Fitness Class Schedule
Effective December 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



FITNESS CENTER HOURS:
 Monday-Friday: 4:00 am – 8:00 pm
 Saturday: 6:00 am – 8:00 pm
 Sunday: 8:00 am – 5:00 pm



Checkout your instructor on IG or FB:

Amanda - @mandealvarado
 Andee- @andeekunimura
 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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