



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

FITNESS CLASS SCHEDULE Effective February 1, 2022

MONDAYS:	NEW! 8:00 am 9:00 am NEW! 10:00 am 11:30 am 1:00 pm 4:00 pm 5:30 pm 7:00 pm	COACHING – Group Fitness - MARCIA Zumba Gold Toning – HARRIET Pilates - MARCIA 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 11:30 am 4:00 pm	COACHING – Group Fitness – DORIAN Zumba & Toning – JoYI Zumba – LIZ Hula `Auana – CHARLENE Zumba Toning – MAX
WEDNESDAYS:	8:30 am 9:45 am 11:00 am 1:00 pm 2:30 pm 4:30 pm NEW! 5:00 pm 5:30 pm	Smooth Moves Soul Line Dancing – ANDEE Zumba Gold Toning - HARRIET Zumba Gold - MARYLINE Hula Basics – CHARLENE Ukulele – Beginners – AL Tahiti Fit & Dance – DYLAN COACHING – Group Fitness - MARCIA Zumba – CHERYL
THURSDAYS:	5:30 am 6:30 am 1:00 pm 3:15 pm 4:30 pm 5:30 pm	COACHING – Group Fitness – DORIAN Zumba & Toning – JoYI Boxercise (no contact) - KEONI 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:
February 21, 2022**



**OBSERVED HOLIDAY -
President's Day**

**WE ARE CLOSED ON MONDAY,
FEBRUARY 21, 2022**

Fitness Class Schedule
Effective February 1, 2022

FRIDAYS: 8:00 am Yoga Blend – AMANDA
9:30 am Zumba Gold Toning – HARRIET
11:00 am Hula 'Auana – CHARLENE
4:30 pm Tahiti Fit & Dance - DYLAN
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
NEW! 10:00 am Drums Alive! - MARCIA
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 – 9:00 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- @andeeunimura
Ash - @ashtsuji
Charlene - @charlenelagrimas
Cheryl - @cherylanndemello
Dorian - @dorianrhyss
Dylan - @fitabuncrew
Harriet - @harrietrocha
JoYI - @MoxieFitnessHilo & vegan_seoulsistah
Liz - @elizabethkaeha
Maryline - @marylinekettavong
Max - @maxinebarrere
Marcia - @marciatimboy
Vivian - @vivianstein
Yolanda - @yolandatansley

