



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 January 3, 2022

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 11:30 am 4:00 pm 5:15 pm	COACHING – Group Fitness – DORIAN Zumba & Toning – JoYI Zumba – LIZ Hula 'Auana – CHARLENE 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 4:30 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 Zumba – CHERYL
THURSDAYS:	5:30 am 6:30 am 8:30 am 1:00 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 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: January 1, 2, 2022



YMCA HOLIDAY HOURS:

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 January 3, 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
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



Fitness Class Schedule

Checkout your instructor on IG or FB:

Amanda - @mandeealvarado
Andee- @andeekunimura
Ash - @ashtsuji
Charlene - @charlenelagrimas
Cheryl - @cherylanndemello
Dorian - @dorianrhys
Dylan - @titabuncrew
Harriet - @harrietrocha
Jill - @jillllisiegelstone
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

Follow us!