



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 March 1, 2022

MONDAYS:	9:00 am	Zumba Gold Toning – HARRIET
NEW!	10:15 am	Pilates - MARCIA
	11:30 am	Zumba - MAX
	1:00 pm	Boxercise (no contact) - KEONI
	5:30 pm	Zumba & Toning – JoYI
	7:00 pm	Hula 'Auana – CHARLENE
TUESDAYS:	6:30 am	Zumba & Toning – JoYI
	8:30 am	Zumba – LIZ
NEW!	10:00 am	Silver Sneakers - YOLANDA
	11:30 am	Hula 'Auana – CHARLENE
NEW!	1:00 pm	Yoga – Detox - MICHELLE
	4:00 pm	Zumba Toning – MAX
NEW!	5:15 pm	Drums Alive! - Marcia
WEDS:	NEW! 8:00 am	COACHING – Group Fitness - MARCIA
	8:30 am	Smooth Moves Soul Line Dancing – ANDEE
	9:45 am	Zumba Gold Toning - HARRIET
	11:00 am	Zumba Gold - MARYLINE
	1:00 pm	Hula Basics – CHARLENE
	2:30 pm	Ukulele – Beginners – AL
	4:15 pm	Tahiti Fit & Dance – DYLAN
	5:30 pm	Zumba – CHERYL
THURSDAYS:	6:30 am	Zumba & Toning – JoYI
NEW!	7:45 am	Yoga – Heart Opening - MICHELLE
	12:45 pm	Boxercise (no contact) – KEONI
NEW!	2:00 pm	Yoga – Relaxation - MICHELLE
	3:15 pm	Dance Fitness – ASH
	4:30 pm	Dance Fitness – ASH
	5:30 pm	Zumba & Toning – JoYI

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

**PLEASE CHECK GYM MASTER
TO CONFIRM YOUR CLASSES!**

***YOGA & PILATES CLASSES – bring
your own mats.***

***DRUMS ALIVE! CLASSES – purchase
drumsticks @ YMCA Office for \$5.***

FITNESS CENTER HOURS:

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

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FRIDAYS:	9:30 am	Zumba Gold Toning – HARRIET
	11:00 am	Hula `Auana – CHARLENE
	NEW! 12:30 pm	Smooth Moves Soul Line Dancing - ANDEE
	4:15 pm	Tahiti Fit & Dance - DYLAN
	5:30 pm	Zumba – CHERYL
	7:00 pm	Country Line Dancing – TOMMY
SATURDAYS:	7:30 am	Tabata Boom! – YOLANDA
	NEW! 9:00 am	Drums Alive! – MARCIA
	NEW! 10:15 am	Pilates - 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
	NEW! 2:45 pm	Yoga – Relaxation - MICHELLE



Fitness Class Schedule

Checkout your instructor on IG or FB:

Amanda - @mandealvarado
Andee- @andeekunimura
Ash - @ashtsuji
Charlene - @charlenelagrimas
Cheryl - @cherylanndemello
Dylan - @titabuncrew
Harriet - @harrietrocha
JoYI - @MoxieFitnessHilo & vegan_seoulsistah
Liz - @elizabethkaeha
Maryline - @marylinekettavong
Max - @maxiebarrere
Marcia - @marciatimboy
Michelle - @sparktheshine & sparktheshine808
Vivian - @vivianstein
Yolanda - @yolandatansley



Facebook: The Island of Hawai'i YMCA

Instagram: Island of Hawai'i YMCA

Follow us!