



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 April 1, 2022

<b>MONDAYS:</b>	9:00 am 10:15 am 11:30 am <b>NEW!</b> 4:15 pm 5:30 pm 7:00 pm	Zumba Gold Toning – HARRIET Pilates - MARCIA Zumba - MAX STEP Cardio Blast - MARCIA Zumba & Toning – JoYI Hula 'Auana – CHARLENE
<b>TUESDAYS:</b>	6:30 am 8:30 am 10:00 am 11:30 am 1:00 pm 4:00 pm 5:15 pm	Zumba & Toning – JoYI Zumba – LIZ Silver Sneakers - YOLANDA Hula 'Auana – CHARLENE Yoga – Detox - MICHELLE Zumba Toning – MAX Drums Alive! - MARCIA
<b>WEDNESDAYS:</b>	8:30 am 9:45 am 11:00 am 2:30 pm 5:30 pm	Smooth Moves Soul Line Dancing – ANDEE Zumba Gold Toning - HARRIET Zumba Gold - MARYLINE Ukulele – Beginners – AL Zumba – CHERYL
<b>THURSDAYS:</b>	6:30 am 7:45 am <b>NEW!</b> 9:30 am 2:00 pm 3:15 pm 4:30 pm 5:30 pm	Zumba & Toning – JoYI Yoga – Heart Opening – MICHELLE STEP & Sculpt - MARCIA Yoga – Relaxation - MICHELLE Dance Fitness – ASH Dance Fitness – ASH Zumba & Toning – JoYI

**WE ARE OPEN ON EASTER SUNDAY, APRIL 17, 2022**

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!

COVID policy may change this  
month – pending review.

**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

Fitness Class Schedule  
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<b>FRIDAYS:</b>	9:30 am 11:00 am 12:30 pm 5:30 pm 7:00 pm	Zumba Gold Toning – HARRIET Hula `Auana – CHARLENE Smooth Moves Soul Line Dancing - ANDEE Zumba – CHERYL Country Line Dancing – TOMMY
<b>SATURDAYS:</b>	7:30 am 9:00 am 10:15 am 1:00 pm 2:30 pm 3:30 pm 4:30 pm	Tabata Boom! – YOLANDA Drums Alive! – MARCIA Pilates – MARCIA Tai Chi - Basic - VIVIAN Table Tennis – OPEN Table Tennis – OPEN Table Tennis - OPEN
<b>SUNDAYS:</b>	8:30 am 10:00 am 11:30 am 1:30 pm 2:45 pm	Zumba – LIZ Tai Chi - Intermediate - VIVIAN Smooth Moves Soul Line Dancing – ANDEE Zumba Fitness – MARYLINE Yoga – Relaxation - MICHELLE



Fitness Class Schedule

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

**Andee- @andeeunimura**  
**Ash - @ashtsuji**  
**Charlene - @charlenelagrimas**  
**Cheryl - @cherylanndemello**  
**Harriet - @harrietrocha**  
**JoYI - @MoxieFitnessHilo & vegan\_seoulsistah**  
**Liz - @elizabethkaeha**  
**Maryline - @marylinekettavong**  
**Max - @maxinebarrere**  
**Marcia - @marciatimboy**  
**Michelle - @sparktheshine & sparktheshine808**  
**Vivian - @vivianstein**  
**Yolanda - @yolandatansley**



Facebook: The Island of Hawai'i YMCA

Instagram: Island of Hawai'i YMCA

**Follow us!**