



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 May 1, 2022

MONDAYS: 9:00 am Zumba Gold Toning – HARRIET
10:15 am Pilates - MARCIA
11:30 am Zumba - MAX
4:15 pm STEP Cardio Blast - MARCIA
5:30 pm Zumba & Toning – JoYI
7:00 pm Hula 'Auana – CHARLENE

TUESDAYS: *NEW!* 6:30 am Dance Fitness - ASH
8:30 am Zumba - LIZ
10:00 am Silver Sneakers - YOLANDA
11:30 am Hula 'Auana – CHARLENE
4:00 pm Zumba Toning – MAX
5:15 pm Drums Alive! - MARCIA

WEDNESDAYS: 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 Ukulele – Beginners – AL
NEW! 5:30 pm STRONG Nation – JoYI

THURSDAYS: 7:45 am Yoga – Glow – MICHELLE
9:30 am STEP & Sculpt - MARCIA
2:00 pm Yoga – Relaxation - MICHELLE
3:15 pm Dance Fitness – ASH
4:30 pm Dance Fitness – ASH
5:30 pm Zumba & Toning – JoYI

Register on Gym Master to make reservation. Temp check upon check-in.
Drop-ins welcome!
PLEASE CHECK GYM MASTER TO CONFIRM YOUR CLASSES!



FITNESS CLASSES CANCELLED ON TUESDAY, MAY 31

YOGA & PILATES CLASSES – bring your own mats.
DRUMS ALIVE! CLASSES – purchase drumsticks @ YMCA Office for \$5.

WE ARE CLOSED ON MONDAY, MAY 30, 2022 – MEMORIAL DAY

FITNESS CENTER HOURS:
Monday–Friday: 4:00 am – 9:00 pm
Saturday & Sunday: 6:00 am – 8:00 pm

Fitness Class Schedule
Effective May 1, 2022

FRIDAYS: 9:30 am Zumba Gold Toning – HARRIET
11:00 am Hula `Auana – CHARLENE
12:30 pm Smooth Moves Soul Line Dancing - ANDEE
5:30 pm Zumba – CHERYL
7:00 pm Country Line Dancing – TOMMY

SATURDAYS: 7:30 am Tabata Boom! – YOLANDA
9:00 am Drums Alive! – MARCIA
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
2:45 pm Yoga – Relaxation - MICHELLE



FITNESS CLASSES CANCELLED:

Saturday, May 21
Saturday, May 28 (morning only)



Fitness Class
Schedule

Checkout your instructor on IG or FB:

Andee- @andeeanimura
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

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