



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

FITNESS CLASS SCHEDULE Effective June 1, 2022

MONDAYS:	9:00 am	Zumba Gold Toning – HARRIET
	10:15 am	Pilates (Beginner/Int.) - 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:	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
	5:30 pm	STRONG Nation – JoYI
THURS:	NEW! 9:30 am	TBC – Total Body Conditioning - MARCIA
	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!

CLASSES HIGHLIGHTED IN YELLOW WILL BE HELD AT THE AJA VETERAN'S HALL – 361 HAIHAI STREET, Hilo

YOGA & PILATES CLASSES – bring your own mats.

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

**NOTE: CLASSES AT THE AJA HALL ONLY
 CANCELLED ON: JUNE 8, 10, 16, 20 & 24.**

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

Fitness Class Schedule
Effective June 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 (Int./Advanced) – MARCIA
	NEW! 11:30 am	Zumba - CHERYL
	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



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CLASSES AT AJA HALL ONLY CANCELLED ON: JUNE 8, 10, 16, 20 & 24



Fitness Class
Schedule

Checkout your instructor on IG or FB:

Andee- @andeekunimura
Ash - @ashtsuji
Charlene - @charlenelagrimas
Cheryl - @cherylanndemello
Harriet - @harrietrocha
JoYI - @MoxieFitnessHilo & vegan_seoulsistah
Liz - @elizabethkaeha
Maryline - @marylinekettavong
Max - @maxinebarrere
Marcia - @marciatimboy
Vivian - @vivianstein
Yolanda - @yolandatansley



Facebook: The Island of Hawai'i YMCA

Instagram: Island of Hawai'i YMCA

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