



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 July 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
	1:00 pm	Ukulele - Beginners - AL
	5:30 pm	STRONG Nation - JoYI
THURS:	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

PILATES CLASSES - bring your own mats.

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

**NOTE: CLASSES AT THE AJA HALL ONLY
CANCELLED ON: JULY 1, 4, 8, 15, 21, 29.**

THE YMCA IS CLOSED ON MONDAY, JULY 4, 2022

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

Fitness Class Schedule
Effective July 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
	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



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Checkout your instructor on IG or FB:

Andee- @andeekunimura
Ash - @ashtsuji
Charlene - @charlenelagrimas
Cheryl - @cherylanndemello
Harriet - @harrietrocha
JoYI - @MoxieFitnessHilo & vegan_seoulsistah
Liz - @elizabethkaeha
Max - @maxinebarrere
Marcia - @marciatimboy
Rebecca "Beks" - @zumba_with_beks & Zumba with Beks
Vivian - @vivianstein
Yolanda - @yolandatansley

