

## **FITNESS CLASS SCHEDULE** **Effective August 1, 2022**

<b>MONDAYS:</b>	9:00 am 4:15 pm 7:00 pm	Zumba Gold Toning – HARRIET STEP Cardio Blast - MARCIA Hula `Auana – CHARLENE
<b>TUESDAYS:</b>	6:30 am 8:30 am 10:00 am 11:30 am 4:00 pm <b>NEW!</b> 5:30 pm	Dance Fitness - ASH Zumba – LIZ Silver Sneakers - YOLANDA Hula `Auana – CHARLENE Zumba Toning – MAX Zumba – BEKS (Rebecca)
<b>WEDNESDAYS:</b>	8:30 am 9:45 am 1:00 pm	Smooth Moves Soul Line Dancing – ANDEE Zumba Gold Toning - HARRIET Ukulele – Beginners – AL
<b>THURS:</b>	9:30 am <b>NEW!</b> 11:00 am 3:15 pm 4:30 pm <b>NEW!</b> 5:30 pm	Step & Sculpt – MARCIA Parkinson’s Stretching - LIZ Dance Fitness – ASH Dance Fitness – ASH Zumba – BEKS (Rebecca)

*Register on Gym Master to  
 make reservation. Temp check  
 upon check-in.*

**Drop-ins welcome!**  
**\$5 per class**

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



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

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**FRIDAYS:**

**NEW TIME!** 9:00 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

**SATURDAYS:**

7:30 am Tabata Boom! – YOLANDA  
**NEW!** 9:00 am STRONG Nation - VOL  
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



Facebook: The Island of Hawai'i YMCA

Instagram: Island of Hawai'i YMCA

**Follow us!**



Fitness Class  
Schedule

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

**Andee- @andekunimura**  
**Ash - @ashtsuji**  
**Charlene - @charlenelagrimas**  
**Cheryl - @cherylanndemello**  
**Harriet - @harrietrocha**  
**Liz - @elizabethkaeha**  
**Max - @maxinebarrere**  
**Marcia - @marciatimboy**  
**Rebecca "Beks" - @zumba\_with\_beks & Zumba with Beks**  
**Vivian - @vivianstein**  
**Vol - @vivaciouskitties and @thebariatricpowerlifter**  
**Yolanda - @yolandatansley**