



300 W. Lanikaula Street
Hilo, HI 96720 – 808-935-3721
www.islandofhawaiiymca.org

REVISED FITNESS CLASS SCHEDULE **Effective September 1, 2022**

MONDAYS:	9:00 am NEW! 10:30 am 4:15 pm NEW! 5:30 pm 7:00 pm	Zumba Gold Toning – HARRIET Cardio Carnivale - LISA STEP Cardio Blast - MARCIA Pilates - MARCIA Hula `Auana – CHARLENE
TUESDAYS:	11:30 am 4:00 pm 5:30 pm	Hula `Auana – CHARLENE Zumba Toning – MAX Zumba – BEKS (Rebecca)
WEDS:	8:30 am 9:45 am NEW! 2:00 pm NEW TIME! 4:00 pm NEW! 4:15 pm NEW! 5:30 pm	Smooth Moves Soul Line Dancing – ANDEE Zumba Gold Toning – HARRIET Chair Yoga - CATHERINE Ukulele – Beginners – AL (NOTE: Meet in open patio area) Drums Alive! – MARCIA Brazilian Samba - LISA
THURS:	NEW TIME! 8:30 am NEW! 9:45 am 11:00 am 4:15 pm 5:30 pm	Step & Sculpt – MARCIA Pilates - MARCIA Parkinson’s Stretching – WENDY Zumba Toning - MAX 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!

Drumsticks available for \$5

Yoga classes: bring your own yoga mat, towel or blanket, block & strap

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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FRIDAYS:

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! – CHARLENE (for Yolanda)
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:

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
Charlene - @charlenelagrimas
Cheryl - @cherylanndemello
Harriet - @harrietrocha
Lisa - @lisadixon
Max - @maxinebarrere
Marcia - @marciatimboy
Rebecca "Beks" - @zumba_with_beks & Zumba with Beks
Vivian - @vivianstein
Vol - @vivaciouskitties and @thebariatricpowerlifter
Yolanda - @yolandatansley