



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

FITNESS CLASS SCHEDULE Effective October 1, 2022

MONDAYS:	9:00 am 4:15 pm NEW! 4:30 pm 5:30 pm 7:00 pm	Zumba Gold Toning – HARRIET STEP Cardio Blast - MARCIA Ukulele Jam (Beginners) – RANDIN (Meet in patio) Pilates - MARCIA Hula `Auana – CHARLENE
TUESDAYS:	NEW! 6:30 am NEW! 10:00 am 11:30 am 4:15 pm 5:30 pm NEW! 6:45 pm	Zumba - MOSES Silver Sneakers - YOLANDA Hula `Auana – CHARLENE Zumba Toning – MAX Zumba – BEKS (Rebecca) Cardio Kickboxing – Level Up - RANDIN
WEDS:	NEW! 7:00 am 8:30 am 9:45 am NEW! 11:00 am NEW TIME! 2:30 pm 4:00 pm 4:15 pm 5:30 pm NEW! 6:45 PM	Cardio Kickboxing – Level I - RANDIN Smooth Moves Soul Line Dancing – ANDEE Zumba Gold Toning – HARRIET Zumba - MARYLINE Yoga -Therapeutic - CATHERINE Ukulele – Beginners – AL (Meet in patio) Drums Alive! – MARCIA Brazilian Samba – LISA Zumba - MOSES
THURS:	NEW! 6:30 am 8:30 am 9:45 am 11:00 am 4:15 pm 5:30 pm NEW! 6:45 pm	Zumba - MOSES Step & Sculpt – MARCIA Pilates - MARCIA Parkinson’s Stretching Zumba Toning - MAX Zumba – BEKS (Rebecca) Cardio Kickboxing – Level Up - RANDIN

**Register on Gym Master to
make reservation.**

Drop-ins welcome! \$5 per class

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

Drumsticks available for \$5

**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
Effective October 1, 2022

FRIDAYS:	9:00 am 11:00 am 12:30 pm 5:30 pm	Zumba Gold Toning – HARRIET Hula 'Auana – CHARLENE Smooth Moves Soul Line Dancing -ANDEE Zumba – CHERYL
SATURDAYS:	7:30 am 9:00 am NEW! 10:15 am 11:30 am 2:30 pm 3:30 pm 4:30 pm	Tabata Boom! - YOLANDA STRONG Nation – VOL Cardio Kickboxing – Level I - RANDIN Zumba - CHERYL Table Tennis – OPEN Table Tennis – OPEN Table Tennis - OPEN
SUNDAYS:	NEW! 8:30 am 11:30 am NEW! 3:00 pm NEW! 4:00 pm	Zumba – VANESSA Smooth Moves Soul Line Dancing – ANDEE Table Tennis – OPEN Table Tennis - OPEN



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
Moses - @aloha.moses (IG); @mosesaaronlee (FB)
Randin – ranznapeahi (IG); randin.napeahi (FB)
Rebecca "Beks" - @zumba_with_beks & Zumba with Beks
Vanessa – @vanessa.riviera.14 (IG) & @vanessariviera (FB);
Vivian - @vivianstein
Vol - @vivaciouskitties and @thebariatricpowerlifter
Yolanda - @yolandatansley