

## **UPDATED FITNESS CLASS SCHEDULE** **Effective November 1, 2022**

|                  |   |  |
|------------------|---|--|
| <b>MONDAYS:</b>  | 9:00 am<br>4:15 pm<br>5:30 pm<br>6:45 pm  | Zumba Gold Toning – HARRIET<br>STEP Cardio Blast - MARCIA<br>Pilates - MARCIA<br>Hula `Auana – CHARLENE  |
| <b>TUESDAYS:</b> | 6:30 am<br><b>NEW!</b> 8:45 am<br>10:00 am<br>11:30 am<br><b>NEW!</b> 3:00 pm<br>4:15 pm<br><b>NEW!</b> 5:30 pm | Zumba – MOSES<br>Cardio Kickboxing - YOLANDA<br>Silver Sneakers - YOLANDA<br>Hula `Auana – CHARLENE<br>Yoga – Vinyasa – MAX F.<br>Zumba Toning – MAX<br>Zumba – MOSES  |
| <b>WEDS:</b>     | <b>NEW!</b> 6:30 am<br>8:30 am<br>9:45 am<br>11:00 am<br>2:30 pm<br>4:00 pm<br>4:15 pm<br>5:30 pm<br>6:45 PM    | Zumba – MOSES<br>Smooth Moves Soul Line Dancing – ANDEE<br>Zumba Gold Toning – HARRIET<br>Zumba - MARYLINE<br>Yoga -Therapeutic - CATHERINE<br>Ukulele – Beginners – AL ( <b>Meet in patio</b> )<br>Drums Alive! – MARCIA<br>Brazilian Samba – LISA<br>Zumba - MOSES |
| <b>THURS:</b>    | 6:30 am<br>8:30 am<br>9:45 am<br><b>NEW!</b> 3:00 pm<br>4:15 pm<br>5:30 pm<br><b>NEW!</b> 6:45 pm               | Zumba - MOSES<br>Step & Sculpt – MARCIA<br>Pilates – MARCIA<br>Yoga – Vinyasa – MAX F.<br>Zumba Toning - MAX<br>Zumba – BEKS (Rebecca)<br>Zumba – MOSES  |

**CLOSED ON THANKSGIVING DAY**

**NO CLASSES on Nov. 24 & 25, 2022**

*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 November 1, 2022

|                   |  |  |
|-------------------|--|--|
| <b>FRIDAYS:</b>   | 9:00 am<br>11:00 am<br>12:30 pm<br>5:30 pm   | Zumba Gold Toning – HARRIET<br>Hula 'Auana – CHARLENE<br>Smooth Moves Soul Line Dancing -ANDEE<br>Zumba – CHERYL   |
| <b>SATURDAYS:</b> | 7:30 am<br><b>NEW!</b> 8:30 am<br>11:30 am<br><b>RETURNING!</b> 1:00 pm<br>2:30 pm<br>3:30 pm<br>4:30 pm | Tabata Boom! – YOLANDA<br>Boot Camp - YOLANDA<br>Zumba - CHERYL<br>Tai Chi – Basic - VIVIAN<br>Table Tennis – OPEN<br>Table Tennis – OPEN<br>Table Tennis - OPEN |
| <b>SUNDAYS:</b>   | 8:00 am<br><b>RETURNING!</b> 10:00 am<br>11:30 am<br>3:00 pm<br>4:00 pm                                  | Zumba – VANESSA<br>Tai Chi – Intermediate - VIVIAN<br>Smooth Moves Soul Line Dancing – ANDEE<br>Table Tennis – OPEN<br>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 - @mosesleefit**  
**Rebecca "Beks" - @zumba\_with\_beks & Zumba with Beks**  
**Vanessa – @vanessa.riviera.14 (IG) & @vanessariviera (FB)**  
**Vivian - @vivianstein**  
**Yolanda - @yolandatansley**