

FITNESS CLASS SCHEDULE **Effective December 1, 2022**

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

**CLOSED ON CHRISTMAS DAY (12/25) &
 NEW YEAR'S DAY (1/1)**

NO CLASSES on Dec. 24 & 31, 2022

**Some classes are affected during the
 month of December – CHECK GYM MASTER
 OR CALL US TO CONFIRM YOUR CLASS**

*Register on Gym Master to
 make reservation.*

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
808-935-3721

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! – YOLANDA
8:30 am Boot Camp - YOLANDA
NEW TIME! 9:45 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: 8:00 am Zumba – VANESSA
10:00 am Tai Chi – Intermediate - VIVIAN
11:30 am Smooth Moves Soul Line Dancing – ANDEE
3:00 pm Table Tennis – OPEN
4:00 pm 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
Maryline - @marylinekettavong
Moses - @mosesleefit
Rebecca "Beks" - @zumba_with_beks & Zumba with Beks
Vanessa – @vanessa.riviera.14 (IG) & @vanessariviera (FB)
Vivian - @vivianstein
Yolanda - @yolandatansley