



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

HEALTHY LIVING FITNESS CLASS SCHEDULE Effective February 1, 2023

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 9:00 am 10:00 am 11:30 am 4:15 pm 5:30 pm	Zumba – MOSES Cardio Kickboxing - YOLANDA Silver Sneakers® Classic - YOLANDA Hula 'Auana – CHARLENE Zumba Toning – MAX Zumba – MOSES
WEDS:	6:30 am 8:30 am 9:45 am 4:00 pm NEW TIME! 5:30 pm	Zumba – MOSES Smooth Moves Soul Line Dancing – ANDEE Zumba Gold Toning – HARRIET Ukulele – Beginners – AL (Meet in patio) Zumba - MARYLINE
THURS:	6:30 am 8:30 am 4:15 pm 5:30 pm 6:45 pm	Zumba - MOSES Step & Sculpt – MARCIA Zumba Toning - MAX Zumba – BEKS (Rebecca) Zumba – MOSES

Happy New Year!

**We are closed on Monday,
February 20, 2023
President's Day**

***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
Effective February 1, 2023

FRIDAYS: **NEW!** 6:30 am
9:00 am
11:00 am
5:30 pm

Zumba - Moses
Zumba Gold Toning - HARRIET
Hula 'Auana - CHARLENE
Zumba - CHERYL

SATURDAYS: 7:30 am
NEW! 8:30 am
9:45 am
1:00 pm
2:30 pm
3:30 pm
4:30 pm

Tabata Boom! - YOLANDA
Silers Sneakers® Circuit - YOLANDA
Zumba - CHERYL
Tai Chi - Basic - VIVIAN
Table Tennis - OPEN
Table Tennis - OPEN
Table Tennis - OPEN

SUNDAYS: 8:00 am
10:00 am
11:30 am
3:00 pm
4:00 pm

Zumba - VANESSA
Tai Chi - Intermediate - VIVIAN
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
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