



300 W. Lanikaula Street  
Hilo, HI 96720 – 808-935-3721  
[www.islandofhawaiiymca.org](http://www.islandofhawaiiymca.org)

## FITNESS CLASS SCHEDULE Effective January 1, 2023

<b>MONDAYS:</b>	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
<b>TUESDAYS:</b>	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
<b>WEDS:</b>	6:30 am 8:30 am 9:45 am 11:00 am 4:00 pm 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 ( <b>Meet in patio</b> ) Zumba/Toning - MARYLINE Brazilian Samba – LISA Zumba – MOSES
<b>THURS:</b>	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

**Happy New Year!**

**We are closed on Sunday,  
January 1, 2023**

***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 January 1, 2023

<b>FRIDAYS:</b>	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
<b>SATURDAYS:</b>	7:30 am 8:30 am 9:45 am 1:00 pm 2:30 pm 3:30 pm 4:30 pm	Tabata Boom! – YOLANDA Boot Camp - YOLANDA Zumba - CHERYL Tai Chi – Basic - VIVIAN Table Tennis – OPEN Table Tennis – OPEN Table Tennis - OPEN
<b>SUNDAYS:</b>	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**  
**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**