



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

HEALTHY LIVING FITNESS CLASS SCHEDULE

Effective March 1, 2023

MONDAYS:	9:00 am	Zumba Gold Toning – HARRIET
NEW!	10:15 am	Low Impact Cardio Workout - CHARLENE
	4:15 pm	STEP Cardio Blast - MARCIA
	5:30 pm	Pilates - MARCIA
	6:45 pm	Hula `Auana – CHARLENE
TUESDAYS:	6:30 am	Zumba – MOSES
	9:00 am	Cardio Kickboxing - YOLANDA
	10:00 am	Silver Sneakers® Classic - YOLANDA
	11:30 am	Hula `Auana – CHARLENE
	4:15 pm	Zumba Toning – MAX
	5:30 pm	Zumba – MOSES
WEDNESDAYS:	6:30 am	Zumba – MOSES
	8:30 am	Smooth Moves Soul Line Dancing – ANDEE
	9:45 am	Zumba Gold Toning – HARRIET
	4:00 pm	Ukulele – Beginners – AL (Meet in patio)
NEW!	4:30 pm	Pilates Express - MARCIA
	5:30 pm	Zumba - MARYLINE
THURSDAYS:	6:30 am	Zumba - MOSES
	8:30 am	Step & Sculpt – MARCIA
	4:15 pm	Zumba Toning – MAX
NEW!	4:15 pm	Intro to Fitness Center – LAURA (Meet in Fitness Center)
	5:30 pm	Zumba – BEKS (Rebecca)
	6:45 pm	Zumba – MOSES

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

Drop-ins welcome! \$5 per class

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

*Now offering "Intro to Fitness Center" guided
classes by Laura. Learn gym etiquette & how
to properly use the machines. Check Gym
Master app "Coaching" to schedule your
session!*

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:	6:30 am 9:00 am 11:00 am NEW! 4:30 pm 5:30 pm	Zumba - MOSES Zumba Gold Toning - HARRIET Hula `Auana - CHARLENE STRONG Nation - LAURA Zumba - CHERYL
SATURDAYS:	7:30 am 8:30 am NEW! 9:00 am 9:45 am 1:00 pm 2:30 pm 3:30 pm 4:30 pm	Tabata Boom! - YOLANDA Silvers Sneakers® Circuit - YOLANDA Intro to Fitness Center - LAURA (Meet in Fitness Center) 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 - @andeeunimura
Charlene - @charlenelagrimas
Cheryl - @cherylanndemello
Harriet - @harrietrocha
Laura - @lauralewisdoria
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