



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

## HEALTHY LIVING FITNESS CLASS SCHEDULE Effective April 1, 2023

<b>MONDAYS:</b>	9:00 am	Zumba Gold Toning – HARRIET
	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
<b>TUESDAYS:</b>	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	
<b>WEDNESDAYS:</b>	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 <b>(Meet in patio)</b>
	4:30 pm	Pilates Express - MARCIA
5:30 pm	Zumba - MARYLINE	
<b>THURSDAYS:</b>	6:30 am	Zumba - MOSES
	8:30 am	Step & Sculpt – MARCIA
	4:15 pm	Zumba Toning – MAX
	4:15 pm	Intro to Fitness Center – LAURA <b>(Meet in Fitness Center)</b>
	5:30 pm	Zumba – BEKS (Rebecca)
6:45 pm	Zumba – MOSES	

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

**Drop-ins welcome! \$7 per class  
\$15 per day for Fitness Center**

**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: 6:00 am – 5:00 pm  
Sunday: 8:00 am – 5:00 pm  
808-935-3721**

Fitness Class Schedule  
Effective April 1, 2023

<b>FRIDAYS:</b>	6:30 am 9:00 am 11:00 am 4:30 pm 5:30 pm	Zumba - MOSES Zumba Gold Toning - HARRIET Hula 'Auana - CHARLENE STRONG Nation - LAURA Zumba - CHERYL
<b>SATURDAYS:</b>	7:30 am 8:30 am 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 ( <b>Meet in Fitness Center</b> ) 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 - @andeeunimura**  
**Charlene - @charnelagrmas**  
**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**