



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

HEALTHY LIVING FITNESS CLASS SCHEDULE

Effective October 1, 2023

MONDAYS:	9:00 am 10:15 am 4:30 pm 5:30 pm 6:30 pm	Zumba Gold Toning – HARRIET Low Impact Cardio Workout - CHARLENE STRONG30+CIRCL12™ - MIE STEP Cardio Blast - MARCIA Pilates – MARCIA
TUESDAYS:	6:30 am 9:00 am 10:00 am 11:30 am 4:15 pm 5:30 pm	Zumba – MOSES Tabata Boom! - YOLANDA Silver Sneakers® Classic - YOLANDA Hula 'Auana – CHARLENE Zumba Toning – MAX Zumba – MOSES
WEDNESDAYS:	6:30 am 8:30 am 9:45 am 4:00 pm 4:30 pm 5:30 pm 6:45 pm	Zumba – MOSES Smooth Moves Soul Line Dancing – ANDEE Zumba Gold Toning – HARRIET Ukulele -Beginners – AL (patio) Pilates Express - MARCIA Zumba – MARYLINE Table Tennis - OPEN
THURSDAYS:	8:30 am 4:15 pm 4:15 pm 5:30 pm	Step & Sculpt – MARCIA Zumba Toning – MAX Intro to Fitness Center – LAURA (Meet in Fitness Center - YMCA) Zumba – MOSES

***NOTE: October 8-14 Fitness Classes
will be held at the Prince Kuhio Plaza
satellite location – near Maikai Vet
Clinic/Jamba Juice***

***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!**

YMCA 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

Updated: 09-15-2023

Fitness Class Schedule
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FRIDAYS:	6:30 am	Zumba - MOSES
	9:00 am	Zumba Gold Toning - HARRIET
	11:00 am	Hula 'Auana - CHARLENE
	4:30 pm	STRONG Nation® - Laura
	5:30 pm	Zumba - CHERYL
SATURDAYS:	7:30 am	Tabata Boom! - YOLANDA
	8:30 am	Silver Sneakers® Circuit - YOLANDA
	9:00 am	Intro to Fitness Center - LAURA (Meet in Fitness Center - YMCA)
	9:45 am	Zumba - CHERYL
	2:30 pm-4:30pm	Table Tennis - OPEN
SUNDAYS:	8:00 am	Zumba - VANESSA
	9:15 am	CIRCL Mobility™ - MIE
	11:30 am	Smooth Moves Soul Line Dancing - ANDEE
	2:00 pm-4:00pm	Table Tennis - OPEN



**Fitness Class
Schedule**



Facebook: The Island
of Hawai'i YMCA

Instagram: Island of
Hawai'i YMCA

Follow us!

Checkout your instructor on IG or FB:

Andee - @andeeunimura
Charlene - @charlenelagrimas
Cheryl - @cherylanndemello
Harriet - @harrietrocha
Laura - @lauralewisdoria
Max - @maxinebarrere
Marcia - @marciatimboy
Maryline - @marylinekettavong
Mie - @wellnessfirsthawaii_with_mie
Moses - @mosesleefit
Vanessa - @vanessa.riviera.14 (IG) & @vanessariviera (FB)
Vivian - @vivianstein
Yolanda - @yolandatansley