



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

AMENDED HEALTHY LIVING FITNESS CLASS SCHEDULE

Effective April 1, 2024

MON:	6:30 am	Zumba - LIKO
	7:45 am	Group Fitness – SHARA
	9:00 am	Zumba Gold Toning – HARRIET
	10:15 am	Fitness Mix - SHARA
	11:00 am	Zumba – AMBER
	4:30 pm	STRONG30+CIRCL12™ - MIE
	5:30 pm	STEP Cardio Blast - MARCIA
	6:30 pm	Pilates – MARCIA
TUES:	6:30 am	Zumba – MOSES
	10:00 am	Silver Sneakers® Classic - YOLANDA
	11:30 am	Hula `Auana – CHARLENE
	4:15 pm	Zumba Toning – MAX
	5:30 pm	Zumba – MOSES/LIKO
WED:	6:30 am	Zumba – LIKO
	7:45 am	Group Fitness – SHARA
	8:30 am	Smooth Moves Soul Line Dancing – ANDEE
	9:45 am	Zumba Gold Toning – HARRIET
	11:00 am	Tao Qigong - JOSEPH
	3:00 pm	Ukulele -Beginners – AL (patio)
	4:30 pm	Pilates Express - MARCIA
	5:30 pm	Zumba – MARYLINE
	6:45 pm	Table Tennis - OPEN
THUR:	6:30 am	Zumba – LIKO
	7:00 am	Group Fitness – JOHN (Fitness Center)
	8:30 am	Step & Sculpt – MARCIA
	9:45 am	Zumba – AMBER
	12:15 pm	Group Fitness – JOHN (Fitness Center)
	4:15 pm	Zumba Toning – MAX
	4:15 pm	Intro to Fitness Center – LAURA (Fitness Center)
	5:30 pm	Zumba – LIKO
FRI:	6:30 am	Zumba – LIKO
	7:45 am	Group Fitness – SHARA
	9:00 am	Zumba Gold Toning – HARRIET
	11:00 am	Hula `Auana – CHARLENE
	12:30 pm	Kung Fu - JOSEPH
NEW TIME!	4:00 pm	STRONG Nation@-Laura
NEW TIME!	5:00 pm	Zumba – CHERYL
NEW!	6:15 pm	Zumba - RINYA

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!

WELCOME TO THE Y
 One-on-one orientation
 Reserve your spot on the Gym Master app.

NO FITNESS CLASSES
April 3-7, 2024
 Classes will resume on **Monday, April 8**

NO ACCESS TO RESTROOMS
in MPR & SHOWERS
April 3-7, 2024

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

SAT: 7:30 am Tabata Boom! – YOLANDA
 8:30 am Silver Sneakers® Circuit – YOLANDA
 9:00 am Intro to Fitness Center – LAURA (***Fitness Center***)
 9:45 am Zumba – CHERYL
 11:00 am Tao Qigong - JOSEPH
 2:30 pm Table Tennis – OPEN

SUN: 8:00 am Zumba – VANESSA
 9:15 am STRONG30+CIRCL30™ Beginners - MIE
NEW TIME! 10:30 am Smooth Moves Soul Line Dancing – ANDEE
NEW TIME! 12:00 pm Kung Fu - JOSEPH
 2:00 pm Table Tennis - OPEN



**Fitness Class
Schedule**



Facebook: The Island of Hawai'i
YMCA – BIG Island

Instagram: Island of Hawai'i
YMCA

Follow us!

SOCIAL MEDIA

Checkout your instructor:

Amber- @amber.fontes
Andee - @andeekunimura
Charlene - @charlenelagrimas
Cheryl - @_cheryladm
Harriet - @harrietrocha
John - @johnlafaele
Joseph - @lomilomihealing
Laura - @lauralewisdoria
Liko - @ke.likofitness
Max - @maxinebarrere
Marcia - @marciatimboy
Maryline - @kettavongmaryline
Mie – wellnessfirsthawaii_with_mie
Moses - @mosesleefit
Rinya - _zumbawithrinya_
Shara – groupfitness_shara
Vanessa – @vanessa.riviera.14 (IG)
& @vanessariviera (FB)
Yolanda - @yolandatansley

Last updated: 03-27-2024