



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

AMENDED HEALTHY LIVING FITNESS CLASS SCHEDULE

Effective June 1, 2024

MON:

NEW TIME! 7:30 am Group Fitness – SHARA
 9:00 am Zumba Gold Toning – HARRIET
NEW! 9:00 am Y Walking Group – SHARA (*meet at PKP #108A*)
 10:15 am Fitness Mix – SHARA
NEW! 1:00 pm Tahitian Cardio Mix - ROMY
 4:30 pm STRONG30+CIRCL12™ - MIE
 5:30 pm STEP Cardio Blast - MARCIA
 6:30 pm Pilates – MARCIA

TUES:

NEW! 9:00 am Cardio Kickboxing - YOLANDA
NEW! 10:00 am Silver Sneakers® Circuit - YOLANDA
 11:30 am Hula 'Auana – CHARLENE
 4:15 pm Zumba Toning – MAX
NEW! 6:45 pm Tahitian Cardio Mix - ROMY

WED:

NEW TIME! 7:30 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
 4:30 pm Pilates Express - MARCIA
 5:30 pm Zumba – MARYLINE
 6:45 pm Table Tennis - OPEN

THUR:

7:00 am Group Fitness – JOHN (*Fitness Center*)
 8:30 am Step & Sculpt – MARCIA
 12:15 pm Group Fitness – JOHN (*Fitness Center*)
 4:15 pm Zumba Toning – MAX
 4:15 pm Intro to Fitness Center – LAURA (*Fitness Center*)

FRI:

NEW TIME! 7:30 am Group Fitness – SHARA
 9:00 am Zumba Gold Toning – HARRIET
NEW! 9:00 am Y Walking Group – SHARA (*meet @ PKP #108A*)
 11:00 am Hula 'Auana – CHARLENE
 12:30 pm Kung Fu - JOSEPH
 4:00 pm STRONG Nation@-Laura
 5:00 pm Zumba – CHERYL
 6:15 pm Zumba – RINYA

**Summer Fitness
 Classes will be
 held at satellite
 location
 near Jamba Juice
 at Prince Kuhio
 Plaza, Room
 108A**

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

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 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

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
NEW! 12:15 pm Tahitian Tamarii – Girls (ages 5-13 years) – ROMY
NEW! 1:30 pm Tahitian Tamahine – Vahine (teens) - ROMY
 2:30 pm Table Tennis – OPEN

SUN: 8:00 am Zumba – VANESSA
 9:15 am STRONG30+CIRCL30™ Beginners - MIE
 10:30 am Smooth Moves Soul Line Dancing – ANDEE
 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_
Romy - TBA
Shara – groupfitness_shara
Vanessa – @vanessa.riviera.14 (IG)
& @vanessariviera (FB)
Yolanda - @yolandatansley