



CARDIO MACHINES & EQUIPMENT available for use as follows:

Mondays & Thursdays: 8:00am-4:30 pm
Tuesdays, Wednesdays, & Fridays: 8:00am-6:00pm
Saturdays 8:00am-11:00am
Reservations are recommended 245-8933

Register, Buy a “Punch Card”, JOIN the FUN!

- Purchase a punch card. Prices are listed below. One punch for each class or machine use.
- Punch cards expire one year from date of purchase.
- **Punch cards are non-transferable & non-refundable.**
- Completed punch cards will be placed into a drawing to win free classes. Five winners each month.
- **Punch cards cannot be used in Pre-pay classes (See host)**

PUNCH CARD PRICES:

\$15 for 5 classes
\$30 for 10 classes
\$45 for 15 classes
\$60 for 20 classes
\$75 for 25classes

SPECIAL PUNCH CARDS:

\$45 Kapa`a yoga punch card
(Ten 1.5 hour yoga classes)
\$60 Monthly pass
-Unlimited use for 30 days
-Expires 30 days from date of purchase

All participants ages 17 and below must be accompanied by a responsible adult. Participants ages 12-17 must purchase a \$10 punch card (10 classes). Participants ages 11 and below are free.

Individuals who choose NOT to register or purchase a punch card will pay a “\$6 DROP IN” fee for classes 60 minutes or less.

Guest Policy: All non-Kaua`i residents may purchase a **Guest Punch Card** or pay a **Drop In Fee** to participate in any fitness class. Guest will be required to fill out a health form and waiver **PRIOR** to class. Guest Punch Cards are \$25 for 5 classes and \$45 for 10 classes (excluding Kapaa Yoga). Drop in fees are \$6 per class and \$9 for 90 minute yoga class. **Guests MUST be healthy enough to exercise** which will be determined from health form responses. See your host or instructor for more information.

Note: Schedule subject to change

Classes may be cancelled due to emergency situations (i.e. flashflood warning, illness, etc.)

Sparkling Spring Fitness Schedule April 3 - July 1, 2017

Closed on Holidays: Friday April 14
Monday, May 29 & June 12



Marla's Lovely Hula Le'a Ladies!

Ho`ōla Fitness Center (HFC)

An alternative to the run of the mill health club, HFC provides fun, fresh classes and activities that strengthen your body, mind and spirit. Our instructors are certified, talented and just great! We offer a comfortable, friendly environment where all feel welcome! Located at 3-3204 Kuhio Hwy. Suite 105/106. For more information please visit our website at hoolalahui.org, contact us at 245-8933 or join us on Facebook for the latest updates.

Ho`ōla Lāhui Hawai`i Mission Statement:

To improve the health and well being of our community.

Revised 4/24/17

Classes at Ho`ōla Fitness Center

*Green ink = new classes

*Red ink = adjusted time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:00a	<i>FYM Super Set & Intervals</i> L:1,2,3 I: Anna		<i>FYM Super Set & Intervals</i> L:1,2,3 I: Anna			
8:30 - 9:30a	<i>Hula Le`a</i> L:1 I: Marla		*8:30-9:15am <i>Yoga Flow-Malie</i> L:1,2 I: Chacha	<i>Zumba Gold</i> ® L:1,2 I:Kureen		
9:30 - 10:30a	*9:45-10:45am <i>Zumba Gold Toning</i> ® L:1,2 I: Kureen	<i>Scuff & Stomp</i> L:1 I: Allan	<i>20/20/20</i> L:1,2 I: Marla	*9:45-10:45am <i>Hula Le`a</i> L:1 I: Marla	<i>Scuff & Stomp</i> L:1 I: Allan	*8:00-9:15am <i>Total Body Conditioning</i> L:1,2 I: Kureen
11:05 - 11:50a	<i>Zumba Fitness</i> ® L:1,2,3 I: Joanie	<i>Tone & Sculpt</i> L:1,2 I: Kureen	<i>Zumba Fitness</i> ® L:1,2,3 I: Kawehi	<i>Tone & Sculpt</i> L:1,2 I: Marla	<i>Zumba Fitness</i> ® L:1,2,3 I: Joanie	*9:30-10:30am <i>Zumba Fitness</i> ® I: Kawehi (1st/3rd) Joanie (2nd/4th)
12:05 - 1:05p	<i>R.I.P.P.E.D.</i> ® L:2,3 I: Chacha	<i>Yoga Flow</i> L:2,3 I: Chacha	<i>R.I.P.P.E.D.</i> ® L:2,3 I: Anna	<i>PIYO</i> ® L:1,2 I: Rose	<i>Yoga Flow</i> L:2,3 I: Walt	<p><i>Please Note:</i></p> <ul style="list-style-type: none"> -Registration required prior to participating in classes -Shoes must be worn at all classes except yoga & hula -Bring a full water bottle & a towel -Wear comfortable exercise clothing -Showers available at Ho`ola Fitness Center
5:00 - 6:00p	<i>Yogalates Stretch & Flex</i> L:1,2 I: Duke	*5:00-6:15pm L:1,2,3 <i>Zumba</i> ® I:Kawehi & <i>Sculpt</i> I: Marla	<i>STEP (1st/3rd)</i> *5:10p I: Bev <i>RIPPED</i> ® (2nd/4th) I: Chacha/Joanie L:2,3	<i>Yogalates Stretch & Flex</i> L:1,2 I: Duke	<i>Strong by Zumba</i> ® L:2,3 I: Anna	

Community Classes

Anahola Club House	Monday 5:30 - 7:00p <i>Pre-Pay Yoga</i> L:1,2 I: Max				
Waimea Plantation Cottages Pool		Tuesday 8:00 - 9:00a <i>Water Aerobics</i> L:1,2 I: Chacha			Friday 8:00 - 9:00a <i>Water Aerobics</i> L:1,2 I: Marla
Kapaa Pool & Neighborhood Center (NC)	Monday - Kapaa NC 5:30 - 6:30p <i>Zumba Fitness</i> ® L:1,2,3 I: Joanie 1st & 3rd I: Sandi 2nd & 4th	Tuesday Kapaa NC 5:30 - 6:30p <i>Zumba Gold Toning</i> ® L:1,2 I: Kureen	Saturday - Kapaa NC 8:30-9:30a I: Bev <i>Interval Express</i> L: 2,3 10:00-11:30a <i>Yoga</i> L: 2,3 I:Max	Mon & Thurs Kapaa Pool 5:15-6:15p <i>Aqua Zumba</i> ® L:1,2 I: Anna	