



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.)

“Work It” Winter Fitness Schedule January 3- March 31, 2018

Closed on Holidays: Monday, January 15, February 19, March 26
Friday, March 30



Kureen’s Zumba Gold Toning Class

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 and Instagram for the latest updates.

Ho`ōla Lāhui Hawai`i Mission Statement:

To improve the health and well being of our community.

Classes at Ho`ōla Fitness Center

Red = adjusted start time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:00a	<i>Super Sets & Intervals</i> L:1,2,3 I: Anna		<i>Super Sets & Intervals</i> L:1,2,3 I: Anna			
8:30 - 9:30a	<i>Hula Le`a</i> L:1 I: Marla			<i>Zumba Gold</i> ® L:1,2 I:Kureen		*8:00-9:15a Total Body Conditioning L:1,2 I: Kureen
9:45- 10:45a	<i>Zumba Gold Toning</i> ® L:1,2 I: Kureen	<i>Scuff & Stomp</i> L:1 I: Allan	*9:30-10:30a 20/20/20 L:1,2 I: Marla	<i>Hula Le`a</i> L:1 I: Marla	<i>Scuff & Stomp</i> L:1 I: Allan	
11:05 - 11:50a	<i>Zumba Fitness</i> ® L:1,2,3 I: Joanie	<i>Tone & Sculpt</i> L:1,2 I: Kureen	*10:45-11:45 Myofascial Release Stretching L:1 I: Margie	<i>Tone & Sculpt</i> L:1,2 I: Marla	<i>Zumba</i> ® <i>Flashback Friday's</i> L:1,2 I: Anna	*9:30-10:30a Zumba Fitness® I: Kawehi (1st/3rd) Joanie (2nd/4th)
12:05 - 1:05p	<i>R.I.P.P.E.D.</i> ® L:2,3 I: Kureen/Anna <i>Sweat, Sculpt, Stretch</i> L:2,3 I: Bev Starts Jan. 29	<i>Yoga Flow</i> L:1,2,3 I: Walt	<i>R.I.P.P.E.D.</i> ® L:2,3 I: Kureen/Anna	<i>PIYO</i> ® L:1,2 I: Rose	<i>Yoga Flow</i> L: 1,2,3 I: Walt	<p><i>Please Note:</i></p> <p>-Registration required prior to participating in classes</p> <p>-Shoes must be worn at all classes except yoga & hula</p> <p>-Bring a full water bottle & a towel</p> <p>-Wear comfortable exercise clothing</p> <p>-Showers available at Ho`ōla Fitness Center</p>
5:00 - 6:00p	<i>Yogalates Stretch & Flex</i> L:1,2 I: Duke	*5:00-6:15p L:1,2,3 <i>Zumba</i> ® I:Kawehi & <i>Sculpt</i> I: Marla	STEP (1st/3rd) *5:10p I: Bev RIPPED ® (2nd/4th) I: Joanie L:2,3	<i>Yogalates Stretch & Flex</i> L:1,2 I: Duke	<i>Strong by Zumba</i> ® L:2,3 I: Joanie	
Community Classes						
Anahola Club House	Monday 5:30 - 7:00p <i>Pre-Pay Yoga</i> L:1,2 I: Max (Maile 4th Mon.)					
Waimea Plantation Cottages Pool		Tuesday 9:00 - 10:00a <i>Water Aerobics</i> L:1,2 I: Anna			Friday 9:00 - 10:00a <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:Kay	Tuesday Kapaa NC 5:30 - 6:30p <i>Zumba Gold Toning</i> ® L:1,2 I: Joanie	Saturday - Kapaa NC 8:30-9:30a I: Bev <i>Interval Express</i> L: 2,3 10:00-11:30a Yoga L: 1,2 I: Max (Maile 3rd Sat.)		Aqua Zumba ® Saturday's 8:30a Ends Feb. 24 L: 1,2 I: Anna Mon & Thurs Kapaa Pool Begins Mar. 1 5:15-6:15p	

YOGA CLASSES: Yoga: This class has it all from basic to challenging standing poses, backbends, and inversions. All postures taught in stages to make the class accessible and appropriate for all. Beginners welcome! Emphasis on both breath and alignment for an invigorating and relaxing practice. E komo mai! **L: 1, 2** Yoga

Flow: The focus of this class is on synchronizing breath and movement with emphasis on concentration, foundation, flowing movement and breathing. This practice improves the mind-body connection and reduces stress. Plenty of coaching for proper form is included making this class appropriate for Yoga lovers at any level. **L: 1, 2, 3** Yogalates: Hatha/Vinyasa yoga sequences that help to increase relaxation, circulation and flexibility as well as Pilates exercises to help develop and tone core muscles groups. **L: 1,2**

Zumba Fitness® is dance-fitness for everyone incorporating international rhythms. Designed for participants of any fitness level. A cardio-based workout that's fun, different, easy and effective. "Ditch the gym...join the PARTY" that's the Zumba Fitness Motto **L: 1,2,3**



Zumba Gold & Gold Toning®: The Zumba Gold® program modifies the basic Zumba® program so it is safe and effective – but still consistently thrilling – for the active older adult as well as those just starting their journey to a fit and healthy lifestyle. Perfect for participants of every age and fitness level. **Gold Toning,** adds maraca-like Zumba toning sticks to enhance rhythm and build strength, this class is a blend of body-sculpting techniques combined with specific Zumba moves packed into one calorie-burning, strength-training class. **L: 1,2** Aqua Zumba®: Blends the Zumba philosophy with water resistance exercises to create the perfect pool party you won't want to miss. **L: 1,2** Strong by Zumba®: Brings elements of dance, together with body weight, resistance style, muscle conditioning and cardio training. It gives you a challenging yet safe way to increase your fitness level with science-based, cutting edge, high intensity, full body training methods with a Zumba twist. **L: 2,3**

HFC has more than one level in most classes and often gives modifications allowing you to work at your level. Although instruction will be geared towards the level stated on HFC schedule. Level 1: For those participants who are new or not exercising and are looking to establish a workout program. Also those who like to move at a slower pace with little or no jumping. Look for lots of repetition in the movements, and basic choreography. Learn fundamental techniques while increasing your heart rate and having fun. Great for those who are not used to exercising regularly or who have pre-existing health conditions. Level 2: If you are often active, have a good foundation in group exercise programs, and are familiar with the terminology and choreography of various classes. Utilizes more choreography and moves at a quicker pace. A great class for those who exercise frequently and want to burn those calories. Level 3: You have been a participant to group exercise for some time and are proficient in performing each movement with proper body stabilization. These classes add complexity and alter movements often. High skill and coordination used. Great for those that like to feel the burn and get your sweat on!

"Work It" Winter 2018 Exercise Class Descriptions:

20/20/20: One hour divided into (3) 20 minute segments: First, basic HI/LO aerobics weaved together into fresh and fun choreography that elevates your heart rate. Next, tone it up with exercises targeting major muscle groups using a variety of equipment. Then, end with 20 minutes of stretches to increase flexibility and decrease muscle tightness. **L:1,2 (Total Body Class has the same format just longer times for each fitness segment. 30/30/15)**

Interval Express: A dynamic workout cleverly disguised as FUN! This interval class incorporates a series of balance, core, strength training and cardio drills with relatively brief, if any, rest intervals in between. A real calorie burner that ensures fast, dramatic fitness results. **L:2,3**

Super Set & Intervals: This class combines short burst strength based workouts w/ intervals for fast, fat melting cardio - these two components are designed to give you maximum results in the shortest amount possible. **L:1,2,3**

Hula Le`a: Good for ALL hula lovers no matter your skill set. Learn hula auana dances you could perform at your next family function as you exercise your entire body. "Uwehe, Ami and Slide" your way to a healthier, happier you! **L:1**

Myofascial Release Stretching: More than your standard stretch class, come learn from a myofascial release expert proper stretching techniques designed to have lasting results that will have you feeling relaxed and energized! **L:1**

PIYO®: A Pilates & Yoga inspired high intensity, medium impact workout. PIYO gives you hardcore definition, intense calorie burn and all over strength without weights or jumps. It's new, it's fun, it's PIYO! **L: 1,2**

R.I.P.P.E.D®: A total body, high intensity style program, utilizing free weights and body weight to masterfully combine the components of R.I.P.P.E.D. Resistance, Intervals, Power, Plyometrics and Endurance. This workout will help you attain & maintain your physique in ways that are fun, safe, and extremely effective. **L:2,3**

Scuff & Stomp: This class is an opportunity to learn a treasure trove of line dances – disco, swing, country, Latin, pop and more. Here's an option for those who love to dance but prefer a low impact fitness alternative. **L:1**

Sweat, Sculpt, Stretch: A high energy class that mixes cardio interval training, balance, and resistance training. Different levels of intensity are provided to ensure everyone gets the most out of their workout that ends with a thorough cool-down and stretch. **L: 2,3** Step: Take basic step movements and string them together into tapless choreography that moves in all directions. Work your mind and your body in this energizing class! **L: 2,3**

Tone & Sculpt: A short HI/LO warm up which flows into muscle strengthening exercises for all major muscle groups using a variety of fitness equipment. Topped off with a nice stretch. **L:1,2**

Water Aerobics: Because water supports 90 percent of a person's body weight, this class allows you to perform a high-intensity workout with minimal impact on your joints. Come dressed for the pool. Bring your own towel. Park at the "Beach Access" parking lot and walk to the pool. (No restrooms at pool area) **L:1,2**