

## CARDIO MACHINES & EQUIPMENT AVAILABLE

CALL TO RESERVE YOUR MACHINE (808) 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: SPECIALIZED PUNCH CARDS:

\$15 for 5 classes	\$45 1.5 hour class punch card (10 classes per card)
\$30 for 10 classes	\$60 Monthly pass
\$45 for 15 classes	-Unlimited use for 30 days
\$60 for 20 classes	-Expires 30 days from date of purchase
\$75 for 25classes	

All participants ages 17 and below must be accompanied by a responsible adult.

Cost: ages 12-17 must purchase a \$10 punch card (10 classes), 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.**

**\$9 for 90 minute yoga class**

Individuals with limited family income may qualify for discount. (See host)

**Guest Policy:** 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.

**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!

# Sweet Summer

## Fitness Schedule

July 2 - September 29, 2018

Closed: Wed., July 4, Fri., August 17, Mon., September 3



9:00am Tuesday and Friday Waimea Aquacize Class

Find us :



**Hoola Fitness Center**

**Hoolafitnesscenter**

**www.hoolalahui.org**

**Ho'ola Fitness Center**  
3-304 Kuhio Hwy. , Lihue , HI 96766  
(808) 245-8933

Summer 2018

# Classes at Ho'ōla Fitness Center

Blue = New classes  
Red = adjusted class time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:00a	<i>Super Sets &amp; Intervals</i> L:1,2,3 I: Anna		<i>Super Sets &amp; Intervals</i> L:1,2,3 I: Anna			<p><b>*7:30-9:00a</b> <i>Myofascial Release</i> <i>Stretching</i> L:1 I: Margie</p> <p><b>9:30-10:30a</b> <i>Zumba Fitness</i><sup>®</sup> Instructors: Kawehi (1st/3rd) Joanie (2nd/4th)</p>
8:30 - 9:30a	<i>Hula Le`a</i> L:1 I: Marla			<i>Zumba Gold</i> <sup>®</sup> L:1,2 I: Allan/Kureen		
9:45- 10:45a	<i>Zumba Gold Toning</i> <sup>®</sup> L: 1,2 I: Anna/Kureen	<i>Scuff &amp; Stomp</i> L:1 I: Allan	<b>*9:30-10:30a</b> <i>20/20/20</i> L:1,2 I: Marla	<i>Hula Le`a</i> L:1 I: Marla	<i>Scuff &amp; Stomp</i> L:1 I: Allan	
11:05 - 11:50a	<i>Zumba Fitness</i> <sup>®</sup> L:1,2,3 I: Joanie	<i>Tone &amp; Sculpt</i> L:1,2 I: Marla (July/Aug) Kureen (Sept)	<b>*10:45-11:45</b> <i>Myofascial Release</i> <i>Stretching</i> L:1 I: Margie	<i>Tone &amp; Sculpt</i> L:1,2 I: Marla	<i>Flashback Friday</i> <i>Zumba</i> <sup>®</sup> L:1,2 I: Anna	
12:05 - 1:05p	<i>Full Body Function</i> L:2,3 I: Cynthia	<i>Yoga Flow</i> L: 2,3 I: Walt	<i>R.I.P.P.E.D.</i> <sup>®</sup> L:2,3 I: Anna	<i>PIYO</i> <sup>®</sup> L:1,2 I: Rose	<i>Yoga Flow</i> L: 1,2,3 I: Walt	
5:00 - 6:00p	<i>Yogalates</i> <i>Stretch &amp; Flex</i> L:1,2 I: Duke	<b>*5:00-6:15p</b> L:1,2,3 <i>Zumba</i> <sup>®</sup> I:Kawehi & <i>Sculpt</i> I: Marla	<i>STEP (1st/3rd)</i> <b>*5:10p</b> I: Bev <i>Strong by Zumba</i> <sup>®</sup> (2nd/4th) I: Joanie L:2,3	<i>HIIT IT!</i> L:2,3 I: Donna	<i>Strong by Zumba</i> <sup>®</sup> L:2,3 I: Joanie	

**Please Note:**  
-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'ōla Fitness Center  
  
\*Schedule subject to change due to emergency situations

## 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> <sup>®</sup> L:1,2,3 I:Kay	Tuesday Kapaa NC 5:30 - 6:30p <i>Zumba Gold Toning</i> <sup>®</sup> L:1,2 I: Joanie	Water Aerobics Monday I: Marla/Anna <i>Aqua Zumba</i> <sup>®</sup> Thursday I: Anna Kapaa Pool 5:15-6:15p L: 1,2	Saturday - Kapaa NC 8:30-9:30a I: Bev <i>Interval Express</i> L: 2,3  10:00-11:30a <i>Yoga</i> L: 1,2 I: Max (Maile 2nd Sat.)	

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

**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. (No restrooms at pool area) **L:1,2**

**YOGA CLASSES:** **Yoga:** This class has it all from basic to challenging standing poses, backbends, and inversions. Beginners welcome! Emphasis on both breath and alignment for an invigorating and relaxing practice. **L: 1, 2** **Yoga Flow:** This class focuses on synchronizing movement with breath while practicing to contemporary club music. A full range of traditional poses are taught providing a full body workout. You will reduce stress, improve balance and coordination, build strength and increase your endurance. Plenty of coaching for proper form is included making this class appropriate for any level. **L: 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® Classes:** It's 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. Being in the water creates natural resistance which means every step is challenging which helps tone & strengthen muscles and the buoyancy of the water means less impact on your joints so you can really let loose. Come make a SPLASH! **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**

## ***Sweet Summer 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**

**Full Body Function:** An all encompassing 60 minute work out from core to cardio that translates into real life activities. This class will build strength in the body on the foundation of a solid core using a variety of fitness equipment to keep the class challenging and fun! **L:2,3**

**HIIT IT!:** Short on time? Work smarter, not harder! Short duration, high intensity interval training, creates a prolonged after burn, or EPOC (excess post oxygen consumption) featuring different timed sequence workouts of cardio and strength, that allows your body to continually burn calories long after your workout is done. Reap the benefits in this short but effective workout. **L: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**

**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**

**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**

**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**