



## HO'OLA FITNESS CENTER (HFC)

### AUGUST 2 – 30, 2025

3-3204 KUHIO HWY. STE 105-106, LIHUE, HI 96766



Must be a member to attend classes. Register at [www.hoolalahui.org](http://www.hoolalahui.org) Attend **live** in person or **hybrid** classes on zoom. We encourage you to bring your own mat, towel and water. Classes held at Ho'ola Fitness Center or at community sites **highlighted** on the schedule. Fee: \$5 per class ~ Sliding Fee Scale available ~ Classes marked 😊 free! Questions? Call: (808)245-8933 Text: (808)634-7103 Email: [hoolafitnesscenter@gmail.com](mailto:hoolafitnesscenter@gmail.com)

| Time            | Monday                                             | Tuesday                                                                   | Wednesday                                                        | Thursday                                                      | Friday                                      | Saturday                                                                                                                                                                      |
|-----------------|----------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Early Morning   | <b>6:00a (Hybrid)</b><br><b>Super Sets I: Anna</b> |                                                                           | <b>6:00a (Hybrid)</b><br><b>Super Sets I: Anna</b>               |                                                               |                                             | <b>7:45a (Hybrid)</b><br><b>Total Body I: Kureen +1</b>                                                                                                                       |
| 9:00 – 10:00a   | <b>Hula Le`a (Hybrid) I: Marla</b>                 | <b>Zumba Fitness (Hybrid) I: Kay</b>                                      | <b>Zumba Gold (Hybrid) I: Kawehi</b>                             | <b>Hula Le`a (Hybrid) I: Marla</b>                            | <b>Scuff &amp; Stomp (Live) I: Allan</b>    | <b>Zumba Fitness (Hybrid)</b><br>1 <sup>st</sup> & 3 <sup>rd</sup> - Kawehi<br>2 <sup>nd</sup> & 4 <sup>th</sup> - Joanie; 5 <sup>th</sup> - Kay                              |
| 9:15 – 10:15a   |                                                    | <b>9:15a Aqua Zumba @Waimea Pool (Need Reservations)</b><br>I: Anna/Marla |                                                                  |                                                               |                                             |                                                                                                                                                                               |
| 10:15 – 10:45a  | <b>Easy Stretch 😊 (Hybrid) I: Kureen</b>           | <b>Sit &amp; Be Fit! 😊 (Hybrid) I: Kay</b>                                |                                                                  | <b>Easy Stretch 😊 (Hybrid) I: Kureen</b>                      | <b>Sit &amp; Be Fit! 😊 (Hybrid) I: Anna</b> | <b>Closed Holidays:</b><br><br><b>Friday, August 15</b><br><b>Admissions Day</b><br><br> |
| 11:00a – 12:00p | <b>Circuit Kakou (Hybrid) I: HFC Team</b>          | <b>Tone &amp; Sculpt (Hybrid) I: Marla</b>                                | <b>**Cook Class 😊 (Hybrid) I: Nutrition Team (8/13 &amp; 27)</b> | <b>Tone &amp; Sculpt (Hybrid) I: Anna/Kay/Kureen</b>          |                                             |                                                                                                                                                                               |
| 5:00 – 6:00p    |                                                    | <b>Aqua Zumba @ Kapaa Pool (Reservations)</b><br>I: Joanie/Anna           |                                                                  | <b>Aqua Zumba @Kapaa Pool (Reservations)</b><br>I: Anna/Marla |                                             |                                                                                                                                                                               |
| 5:15 – 6:15p    | <b>Zumba Fitness (Live) I: Kawehi</b>              | <b>Basic Hula (Live) I: Marla</b>                                         | <b>**Cook Class 😊 (Hybrid) (8/6 &amp; 20)</b>                    | <b>Zumba Fitness (Live) I: Joanie</b>                         |                                             |                                                                                                                                                                               |

**\*\* Cook Class:** Reservations required for in person attendance **\*\*\* Aqua Zumba Reservations required call (808) 245-8933**