

JULY / IULAI

HUI NO KE  OLA PONO

Hale Ho'oikaika

Health & Wellness Center



Fitness Classes

Fit 4 Life

A 30-minute, circuit-style exercise class aimed at improving strength, cardio, and balance. Rotate through various stations for a full body workout.

Chair Aerobics

A 30-minute seated exercise class aimed at improving cardiovascular fitness and strength. Great for beginners and those with mobility challenges.

Move, Meditate, and Mend

A 40-minute yoga and meditation class appropriate for all. Chairs, mats and props provided.

Monday Pō'akahi	Tuesday Pō'aluā	Wednesday Pō'akolu	Thursday Pō'ahā	Friday Pō'alima
	1 Gym 8:15 am - 12 pm Move, Meditate, Mend 11 am	2 Gym 8:15 am - 11 am Chair Aerobics 11 am	3 Gym 8:15 am - 12 pm	4 GYM CLOSED Holiday
7 Gym 8:15 am - 11 am Chair Aerobics 11 am	8 Gym 8:15 am - 12 pm	9 Gym 8:15 am - 11 am Fit 4 Life 11 am	10 Gym 8:15 am - 12 pm	11 Gym 8:15 am - 12 pm
14 Gym 8:15 am - 11 am Fit 4 Life 11 am	15 Gym 8:15 am - 12 pm Move, Meditate, Mend 11 am	16 Gym 8:15 am - 12 pm	17 Gym 8:15 am - 12 pm	18 Gym 8:15 am - 10 am
21 Gym 8:15 am - 11 am Chair Aerobics 11 am	22 Gym 8:15 am - 12 pm Move, Meditate, Mend 11 am	23 Gym 8:15 am - 11 am Fit 4 Life 11 am	24 Gym 8:15 am - 12 pm	25 Gym 8:15 am - 12 pm
28 Gym 8:15 am - 11 am Fit 4 Life 11 am	29 Gym 8:15 - 12 pm Move, Meditate, Mend 11am	30 Gym 8:15 am - 12 pm	31 Gym 8:15 am - 12 pm	

For additional questions, please contact
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