

AUGUST / 'AUKAKE

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'alua	Wednesday Pō'akolu	Thursday Pō'ahā	Friday Pō'alima
				1 Gym 8:15 am - 12 pm
4 Gym 8:15 am - 11 am Chair Aerobics 11 am	5 Gym 8:15 am - 12 pm	6 Gym 8:15 am - 11 am Fit 4 Life 11 am	7 Gym 8:15 am - 12 pm	8 Gym 8:15 am - 12 pm
11 Gym 8:15 am - 11 am Fit 4 Life 11 am	12 Gym 8:15 am - 12 pm Move, Meditate, Mend 11 am	13 Gym 8:15 am - 11 am Chair Aerobics 11 am	14 Gym 8:15 am - 12 pm	15  GYM CLOSED Holiday
18 Gym 8:15 am - 11 am Chair Aerobics 11 am	19 Gym 8:15 am - 12 pm Move, Meditate, Mend 11 am	20 Gym 8:15 am - 11 am Fit 4 Life 11 am	21 Gym 8:15 am - 12 pm	22  Gym 8:15 am - 10 am
25 Gym 8:15 am - 11 am Fit 4 Life 11 am	26 Gym 8:15 - 12 pm Move, Meditate, Mend 11am	27 Gym 8:15 am - 11 am Chair Aerobics 11 am	28 Gym 8:15 am - 12 pm	29 Gym 8:15 am - 12 pm

For additional questions, please contact
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