

OCTOBER / 'OKAKOPA



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 - 11 am Chair Aerobics 11 am	2 Gym 8:15 am - 12 pm	3 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 - 11 am Chair Aerobics 11 am	9 Gym 8:15 am - 12 pm	10 Gym 8:15 am - 12 pm
13 Gym 8:15 am - 11 am Fit 4 Life 11 am	14 Gym 8:15 am - 12 pm Move, Meditate, Mend 11 am	15 Gym 8:15 am - 11 am Chair Aerobics 11 am	16 Gym 8:15 am - 12 pm	17  Gym 8:15 am - 10 am
20 Gym 8:15 am - 12 pm	21 Gym 8:15 am - 11 am Move, Meditate, Mend 11 am	22 Gym 8:15 am - 12 pm	23 Gym 8:15 am - 12 pm	24 Gym 8:15 am - 12 pm
27 Gym 8:15 am - 12 pm	28 Gym 8:15 - 12 pm Move, Meditate, Mend 11 am	29 Gym 8:15 am - 11 am Fit 4 Life 11 am	30 Gym 8:15 am - 12 pm	31  Gym 8:15 am - 12 pm

For additional questions, please contact
Lyka Reed at 808-442-6851 or lreed@hnpk.org

\$20 monthly membership includes all fitness classes
Memberships are for the calendar month and non-prorated