



FEBRUARY / PEPELUALI



HUI NO KE OLA PONO

Hale Ho'okaika

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 strength & mobility. Great for beginners and those with mobility challenges.

Mat Yoga

A 45-minute yoga and meditation class.

Equipment provided. Must be able to move on/off the floor

Chair Yoga

A 25-minute yoga and meditation class.

Monday Pō'akahi	Tuesday Pō'alua	Wednesday Pō'akolu	Thursday Pō'ahā	Friday Pō'alima
2 Gym 8:15 am - 11 am Fit 4 Life 11 am	3 Gym 8:15 am - 12 pm Mat Yoga 12 pm	4 Gym 8:15 am - 11 am Chair Yoga 10:30 am Chair Aerobics 11 am	5 Gym 8:15 am - 12 pm	6 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 - 11 am Chair Aerobics 11 am	12 Gym 8:15 am - 12 pm	13 Gym 8:15 am - 12 pm
16 GYM CLOSED Holiday	17 Gym 8:15 am - 12 pm Mat Yoga 12 pm	18 Gym 8:15 am - 11 am Chair Yoga 10:30 am Chair Aerobics 11 am	19 Gym 8:15 am - 12 pm	20 Gym 8:15 am - 10 am
23 Gym 8:15 am - 11 am Fit 4 Life 11 am	24 Gym 8:15 am - 12 pm Mat Yoga 12 pm	25 Gym 8:15 am - 11 am Chair Yoga 10:30 am Chair Aerobics 11 am	26 Gym 8:15 am - 12 pm	27 Gym 8:15 am - 12 pm
	HEART HEALTH MONTH			

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

\$20 monthly membership includes all fitness classes
Gym hours and class schedule subject to change