

MARCH / MALAKI

Hale Ho'oikaika Health & Wellness Center



Fitness Classes

Monday Pō'akahi	Tuesday Pō'aluā	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	4 Gym 8:15 am - 11 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 Yoga 10:30 am Chair Aerobics 11 am	12 Gym 8:15 am - 12 pm	13 GYM CLOSED
16 Gym 8:15 am - 11 am Fit 4 Life 11 am	17 Gym 8:15 am - 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	25 Gym 8:15 am - 11 am Chair Yoga 10:30 am Chair Aerobics 11 am	26  GYM CLOSED Holiday	27 GYM CLOSED
30 Gym 8:15 am - 12 pm	31 Gym 8:15 am - 12 pm			

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.