

APRIL / 'APELILA

HUI NO KE  OLA PONO

Monday Pō'akahi	Tuesday Pō'aluā	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 CLOSED Holiday
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 Yoga 10:30 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 - 11 am Chair Aerobics 11 am	15 Gym 8:15 am - 12 pm Chair Yoga 10:30 am	16 Gym 8:15 am - 12 pm	17 Gym 8:15 am - 10 am
20 Gym 8:15 am - 11 am Fit 4 Life 11 am	21 Gym 8:15 am - 11 am Chair Aerobics 11 am	22 Gym 8:15 am - 12 pm Chair Yoga 10:30 am	23 Gym 8:15 am - 12 pm	24 Gym 8:15 am - 12 pm
27 Gym 8:15 am - 11 am Fit 4 Life 11 am	28 Gym 8:15 am - 12 pm	29 Gym 8:15 am - 11 am Chair Yoga 10:30 am Chair Aerobics 11 am	30 Gym 8:15 am - 12 pm	

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

Chair Yoga

A 25-minute yoga and meditation class.
Equipment provided.

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

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