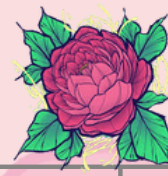




JUNE / IUNE



Monday Pō'akahi	Tuesday Pō'alua	Wednesday Pō'akolu	Thursday Pō'ahā	Friday Pō'alima
1 Gym 8:15 am - 11 am Fit 4 Life 11 am	2 Gym 8:15 am - 12 pm	3 Gym 8:15 am - 11 am Chair Yoga 10:30 am Chair Aerobics 11 am	4 Gym 8:15 am - 12 pm	5 Gym 8:15 am - 12 pm
8 Gym 8:15 am - 11 am Fit 4 Life 11 am	9 Gym 8:15 am - 12 pm	10 Gym 8:15 am - 11 am Chair Aerobics 11 am	11 Gym 8:15 am - 12 pm	12 Gym 8:15 am - 12 pm
15 Gym 8:15 am - 11 am Fit 4 Life 11 am	16 Gym 8:15 am - 12 pm	17 Gym 8:15 am - 11 am Chair Yoga 10:30 am Chair Aerobics 11 am	18 Gym 8:15 am - 12 pm	19 Gym 8:15 am - 10 am
22 Gym 8:15 am - 12 pm	23 Gym 8:15 am - 12 pm	24 Gym 8:15 am - 12 pm Chair Yoga 10:30 am	25 Gym 8:15 am - 12 pm	26 Gym 8:15 am - 12 pm
29 Gym 8:15 am - 12 pm	30 Gym 8:15 am - 12 pm	1 Gym 8:15 am - 12 pm Chair Yoga 10:30 am	2 Gym 8:15 am - 12 pm	3 GYM CLOSED Holiday

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.