



AUGUST / 'AUKAKE

HUI NO KE  OLA PONO

Monday Pō'akahi	Tuesday Pō'alua	Wednesday Pō'akolu	Thursday Pō'ahā	Friday Pō'alima
3 Gym 8:15 am - 11 am Fit 4 Life 11 am	4 Gym 8:15 am - 12 pm Chair Yoga 4 pm	5 Gym 8:15 am - 12 pm Chair Yoga 10:30 am	6 Gym 8:15 am - 12 pm	7 Gym 8:15 am - 11 am Chair Aerobics 11 am
10 Gym 8:15 am - 11 am Fit 4 Life 11 am	11 Gym 8:15 am - 12 pm Chair Yoga 4 pm	12 Gym 8:15 am - 12 pm Chair Yoga 10:30 am	13 Gym 8:15 am - 12 pm	14 Gym  8:15 am - 10 am Chair Aerobics 10am
17 Gym 8:15 am - 11 am Fit 4 Life 11 am	18 Gym 8:15 am - 12 pm Chair Yoga 4 pm	19 Gym 8:15 am - 12 pm Chair Yoga 10:30 am	20 Gym 8:15 am - 12 pm	21  GYM CLOSED Holiday
24 Gym 8:15 am - 11 am Fit 4 Life 11 am	25 Gym 8:15 am - 12 pm Chair Yoga 4 pm	26 Gym 8:15 am - 12 pm Chair Yoga 10:30 am	27 Gym 8:15 am - 12 pm	28 Gym 8:15 am - 11 am Chair Aerobics 11 am
31 Gym 8:15 am - 11 am Fit 4 Life 11 am				

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