

SEPTEMBER / KEPAKEMAPA

HUI NO KE  OLA PONO

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