OCTOBER / ʻOKAKOPA

HUI NO KE OLA PONO

Hale Hoʻoikaika
Health & Wellness Center

Monday Pōʻakahi	Tuesday Pōʻalua	Wednesday Pōʻakolu	Thursday Pōʻahā	Friday Pōʻalima
			1 Gym 8:15 am - 12 pm	**2** Gym 8:15 am - 11 am **Chair Aerobics 11 am**
5 Gym 8:15 am - 11 am **Fit 4 Life 11 am**	**6** Gym 8:15 am - 12 pm **Chair Yoga 4 pm**	**7** Gym 8:15 am - 12 pm	**8** Gym 8:15 am - 12 pm	**9** Gym 8:15 am - 11 am **Chair Aerobics 11 am**
12 Gym 8:15 am - 11 am **Fit 4 Life 11 am**	**13** Gym 8:15 am - 12 pm **Chair Yoga 4 pm**	**14** Gym 8:15 am - 12 pm **Chair Yoga 10:30 am**	**15** Gym 8:15 am - 12 pm	**16** Gym 8:15 am - 10 am **Chair Aerobics 10am**
19 Gym 8:15 am - 11 am **Fit 4 Life 11 am**	**20** Gym 8:15 am - 12 pm **Chair Yoga 4 pm**	**21** Gym 8:15 am - 12 pm **Chair Yoga 10:30 am**	**22** Gym 8:15 am - 12 pm	**23** Gym 8:15 am - 11 am **Chair Aerobics 11 am**
26 Gym 8:15 am - 11 am **Fit 4 Life 11 am**	**27** Gym 8:15 am - 12 pm **Chair Yoga 4 pm**	**28** Gym 8:15 am - 12 pm **Chair Yoga 10:30 am**	**29** Gym 8:15 am - 12 pm	**30** **GYM CLOSED**

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

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

Fitness Classes

Fit 4 Life
A 25-minute, circuit-style exercise class aimed at improving strength, cardio, and balance. Rotate through various stations for a full body workout.

Chair Aerobics
A 25-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.