NOVEMBER / NOWEMAPA

HUI NO KE OLA PONO

Hale Ho'oikaika Health & Wellness Center

Monday Pō'akahi	Tuesday Pō'alua	Wednesday Pō'akolu	Thursday Pō'ahā	Friday Pō'alima
2 Gym 8:15 am - 11 am **Fit 4 Life 11 am**	**3** Gym 8:15 am - 12 pm **Chair Yoga 4 pm**	**4** Gym 8:15 am - 12 pm **Chair Yoga 10:30 am**	**5** Gym 8:15 am - 12 pm	**6** Gym 8:15 am - 11 am **Chair Aerobics 11 am**
9 Gym 8:15 am - 11 am **Fit 4 Life 11 am**	**10** Gym 8:15 am - 12 pm **Chair Yoga 4 pm**	**11** **GYM CLOSED Holiday**	**12** Gym 8:15 am - 12 pm	**13** Gym 8:15 am - 12 pm
16 Gym 8:15 am - 12 pm	**17** Gym 8:15 am - 12 pm **Chair Yoga 4 pm**	**18** Gym 8:15 am - 12 pm **Chair Yoga 10:30 am**	**19** Gym 8:15 am - 12 pm	**20** Gym 8:15 am - 11 am
23 Gym 8:15 am - 12 pm	**24** Gym 8:15 am - 12 pm	**25** Gym 8:15 am - 11 am **Chair Aerobics 11 am**	**26** **GYM CLOSED Holiday**	**27** **GYM CLOSED**
30 Gym 8:15 am - 11 am **Fit 4 Life 11 am**	**1** Gym 8:15 am - 12 pm	**2** Gym 8:15 am - 12 pm	**3** Gym 8:15 am - 12 pm	**4** Gym 8:15 am - 11 am **Chair Aerobics 11 am**

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.