

Join the FUN!

Community classes available!

Make a commitment to yourself and sign up for a class today!

- Registration is required! Please contact Anna at 240-0191 or email avelasco@hoolalahui.org for more information.
- Classes are pre-paid for a twelve week period.
- There will be no refunds for classes missed.
- Guest passes can be purchased for intermittent or non resident use at \$7 for yoga and \$5 for all other classes. (Guest must fill out health form and waiver.)

→ **Kapa'a Neighborhood Center**

Mondays 5:30p - 6:45p Advanced Step with Bev Brody
January 4 - March 29 (11 classes-No class 1/18 & 2/15) Fee: \$33

Tuesdays 5:30p - 6:30p Super Set with Anna Velasco
January 5 - March 30 (13 classes) Fee: \$39

Thursdays 5:30p - 6:45p Advanced Step with Bev Brody
January 7 - March 25 (12 classes) Fee: \$36

Saturdays 8:45a - 9:45a
Core Conditioning & Strength - Bev Brody
January 9 - March 27 (12 classes) Fee: \$36

Saturdays 10:00a -11:30a Yoga with Maile Wehrheim
January 23 - March 27 (10 classes) Fee: \$45

→ **Waimea Plantation Cottages**

Tuesdays 7:30a-8:30a Water Aerobics with Kellie Pleas
February 2 - March 30 (9 classes) Fee: \$27

Thursdays 7:30a-8:30a Water Aerobics with Kellie Pleas
February 4 - March 25 (8 classes) Fee: \$24

→ **Kekaha Neighborhood Center**

Tuesdays 3:30p-4:30p Chop Suey Aerobics w/Kellie Pleas
February 2 - March 30 (9 classes) Fee: \$27

Hui Ho'ōla Maika`i Winter Fitness Schedule January 04 - March 31, 2010



Sculpt Class at Ho`ola Fitness Center

Hui Ho'ōla Maika`i (HHM)

Hui Ho`ola Maika`i is a health and wellness program of Ho`ola Lahui Hawai`i. We provide activities and programs that support healthy lifestyle changes. Programs available to you include: Ho`ola Fitness Center; Community Exercise Classes; Wellness Workshops; Screening and Monitoring Clinics and more. For more information please contact us at 245-8900 or visit our web site at hoolalahui.org.



HHM a program of Ho`ōla Lāhui Hawai`i

Jon in the FUN at our Fitness Center!

- Registration is required for ALL classes. Please visit our fitness center prior to your first workout.
- Purchase a punch card. Prices are listed below.
- Wear athletic shoes for all classes (exceptions include yoga and hula)
- Dress for movement.
- Bring along a towel and some water.
- Please check in with host at each visit.
- Completed punch cards will be placed into a drawing for free incentives. (i.e. t shirts, hats, bags, water bottles)
- Changing rooms and showers are available
- Parking is limited (Overflow parking is available behind Pizza Hut. Please use crosswalks)

PUNCH CARD PRICES:

\$10 for 5 classes \$20 for 10 classes
 \$30 for 16 classes (1 free class)
 \$40 for 22 classes (2 free classes)
 \$50 for 28 classes (3 free classes)



CARDIO MACHINES & EQUIPMENT available for use as follows:

Mondays: 6:00am-4:30 pm
Tuesdays – Fridays: 6:00 am – 5:30 pm
 Reservations are highly recommended
 Call 245-8900
 Closed on Holidays

Guest Policy

All non-Kaua`i residents and non-registered users will need to purchase a **Guest Pass** to participate in any fitness class. Guests will need to fill out a health form and waiver prior to class. Guest Passes are \$5 to \$7. Guests **MUST** be healthy enough to exercise which is determined by our health form. See your host or instructor for more information.

HO`OLA FITNESS CENTER SCHEDULE

3-3204 Kuhio Hwy. Suite 105/106

(Punch Card Classes)

<i>Holidays - No Classes or Machine Use</i>				
Mon. - Jan. 18 Mon. - Feb. 15 Fri. - Mar. 26				
Time	6:30 - 7:15a.m.	11:05 - 11:50a.m.	12:05- 12:50p.m.	5:00 - 6:00p.m.
Mon.	♥🚴 <i>Circuit</i> I:Chacha	♥🚴 <i>Beg. Step</i> I:Chacha 1/4-2/8 🚴 <i>Inter Step</i> I:Anna 2/15-3/29	🚴 <i>Strength& Sculpt</i> I:Max	♥🚴 <i>Pi-Chi Yoga</i> I:Duke
Tues.	🚴 <i>Intermediate "Sweat" Step</i> I:Nalani	♥🚴 <i>Body Sculpting</i> I: Marla	♥ <i>Hi/Lo Impact &Stretch</i> I: ChaCha	♥🚴 <i>Adult Hula</i> I: Maka
Wed.	♥🚴 <i>Circuit</i> I:Marla	♥🚴 <i>Zumba®</i> I:Anna	🚴🏃 <i>Core Conditioning & Strength</i> I:Bev	🚴 <i>Intermediate Step</i> I: Bev
Thurs.	♥🚴 <i>Low Impact and Sculpt</i> I: Marla	♥🚴 <i>Low Impact and Sculpt</i> I: Marla	🚴 <i>Intermediate Step</i> I:Nalani	♥🚴 <i>Kick boxing & Sculpt</i> I: Donna
Fri.		🚴🏃 <i>Super Set</i> I: Anna	♥ <i>Stretch & Flex</i> I: Chacha	♥🚴 <i>Zumba®</i> I: Anna/ Nalani

SCHEDULE SUBJECT TO CHANGE. CLASSES MAY BE CANCELLED DUE TO EMERGENCY SITUATIONS (i.e. flashflood warning, illness, etc.)

Pi-Chi Yoga: (Get it? Peachy Yoga?) A mix of Pilates, Yoga and Qigong meditation. Core conditioning, muscle strengthening, balancing postures and moving meditations help to promote a smooth flow of circulation, increase flexibility, and balance the mind, body & soul. **B, I**
Strengthen and Sculpt: Get ready for a high energy, great muscular conditioning workout. Using free-weights, tubing and other “fit” toys, you will experience a total body conditioning training that will tone and define your body. This class includes a light cardio warm up and of course abdominal training at the end of the class. **I**

Stretch and Flex: Had a hard week? It’s time to come in and listen to a soothing voice, stretch out those muscles and get rid of the tension. Perfect for anyone needing some downtime. Good for everyone! **B**

Superset: Super sets of exercise for each large muscle group, simple calisthenics in between to keep your heart rate up. Easy to do, hard to maintain! That’s the Super Set Challenge! **I, A**

Water Aerobics: Please bring your own towel, water and suit. Please park at the Beach Access Parking Lot and walk from the beach access to the pool. Water supports 90 percent of a person’s body weight, which allows you to perform high-intensity workouts with minimal impact on your joints. Join us for Noodle Fun in the water! **B, I**

Yoga: Muscle stretching and toning, relaxation and meditation for beginners and intermediate yogis. Learn the postures, positions, and breathing techniques of yoga in a challenging yet relaxing class.



Zumba is dance-fitness for everyone. It’s “Exercise in Disguise!” Designed for participants of any fitness level. A cardio-based workout with components of resistance/sculpting training to tone the entire body. It’s fun, different, easy and effective. “Ditch the gym...join the PARTY”. **B, I, A**

Level Descriptions:

♥ **Beginner (B):** For those participants who are new to fitness and are looking to establish a workout program, these classes will move at a slower pace. Look for lots of repetition in the movements, and basic choreography. Learn fundamental techniques while increasing your heart rate and having fun. Great for those who are not used to exercising regularly or who have preexisting health conditions.

🚴 **Intermediate (I):** If you are occasionally active, have a good foundation in group exercise programs, and are familiar with the terminology and choreography of various classes. Utilizes more choreography and moves at a quicker pace. A great class for those who exercise frequently and want to “feel” their workout.

⚔️ **Advanced (A):** If you have been a participant to group exercise for some time and are proficient in performing each movement with proper body stabilization. These classes add complexity and alter movements often. These classes are for the freaks of our society who simply can’t get enough. High skill and coordination required. Great for burning the maximum amount of calories.

Hui Ho`ola Maika`i Exercise Class Descriptions:

Advanced Step (Aerobics): Yee ha! Bring your own seatbelts! This class is for Exercise Freaks! This is for the serious stepper. Lingo and moves are fast and furious and intervals are regular and seem to go on forever! NOT recommended for beginners. Intermediates take their chances. **A**

Beginner Step (Aerobics): For those just beginning in step. You can use a step or a step mat (which is flat on the floor) and slowly get used to the basic moves, lingo and timing of this popular exercise challenge. **B**

Circuit: Good for everyone! A great way to mix up your workouts! Challenge your body in a circuit class. Move from station to station sculpting and periodically bringing up your heart rate with the “fast track”! **B, I**

Body Sculpting: Sculpted arms, tight abs, and firm and shapely legs are the primary focus of this challenging muscle toning workout which features a creative combination of cardio-weight training and stretching. A no miss for those who want to tone, tighten, sculpt and stretch and still have some cardio fun! **B, I**

Chop Suey: HI-LO, Body Sculpting: Guess what this is! A chop suey mix of all kinds of fun. Every week will challenge your body to make an adjustment so that your body can’t get complacent! What more is there in life? **B, I**

Core Conditioning & Strength: What can we say...it’s all about the core here. Prepare to work the core section of your body to protect your back and provide you with the strength you need to do what you really want to do! **I, A**

Hi/Lo Impact and Stretch: 30 minutes of cardio followed by a nice long 20 minute stretch. This is a beginner’s class that everyone would love. **B**

Hula: Led by Kumu Hula Kamakaokalani Herrod. Traditional hula dances from the past and present. Good for beginners and the more advanced. Come and enjoy this colorful Kumu, and be a part of the beauty of Hawaii’s culture AND get some great exercise too! **B, I**

Intermediate Step (Aerobics): Little more choreography and cardiovascular challenge than the beginner step. Learn basic movements on the step then take them in different directions ...all in a comfortable atmosphere. Short “ab” session usually included. **I**

Kick Boxing & Sculpt: This class will get you sweating as you move through kick boxing exercises to motivating music. Kick boxing cardio session followed by a full body sculpt session to round off the class. **B, I**

Low Impact Aerobics & Sculpt: Fun low impact cardiovascular floor workout keeping at least one foot on the floor at all times. This is followed by a short session to build muscular tone and core strength. **B, I**