



# Winter Fitness Schedule

## January 3 – April 2, 2022



### *Virtual, Hybrid & Live Classes*

Classes for members only. Not a current member? Register at [www.hoolalahui.org](http://www.hoolalahui.org) Already a member? Check your email for an invite. *\*Reservations required to attend a hybrid or live class.* Questions: Email: [hoolafitnesscenter@gmail.com](mailto:hoolafitnesscenter@gmail.com) Call: 808-245-8933 Text: 808-634-7103

Lā (Day)	Wana`ao (Early Morning)	Kakahiaka (Morning)		Awakea (Midday)	Ahiahī (Evening)
<b>Mon</b>	6:00am Super Sets I: Anna <i>*Hybrid</i>	9:30am Zumba Gold I: Kureen <i>*Hybrid</i>		11:00am Hula Le`a I: Marla <i>Virtual</i>	5:00pm Zumba Fitness I: Kawehi <i>*Hybrid</i>
<b>Tue</b>		9:30am Zumba Fitness I: Kay <i>*Hybrid</i>		11:00am Tone & Sculpt I: Kureen <i>*Hybrid</i>	5:00 Restorative Yoga I: Jody <i>Virtual</i>
<b>Wed</b>	6:00am Super Sets I: Anna <i>*Hybrid</i>	9:30am MFR Stretching I: Margie <i>Virtual</i>	<b>NEW LIVE CLASS</b> <b>9:30am</b> Scuff & Stomp I: Allan	<b>*NEW LIVE CLASS</b> <b>11:00am</b> Hula Le`a I: Marla	5:30pm Nutrition Class <i>Virtual</i> Jan 5,12,19,26 ~ Feb 9 & 23 ~ Mar 9,16,23,30
<b>Thu</b>	<i>*Hybrid Class:</i> A combo class with both virtual & in person students. In person limited to 8 students in HFC with 1 instructor & 1 host. Reservations required to attend class in person. <b><u>Must be fully vaccinated for COVID 19 to attend.</u></b> ALL COVID guidelines followed: mask must be worn at all times in HFC, screening questions completed, hands sanitized, 6 ft social distancing. Bring own mat, towel and water bottle. <i>*Live class: 8 students only in HFC.</i>	9:30am Hula Le`a I: Marla <i>Virtual</i>		11:00am Tone & Sculpt I: Kureen <i>*Hybrid</i>	<b>*5:15pm*</b> Strong Nation I: Joanie <i>*Hybrid</i>
<b>Fri</b>		9:30am <i>Beginner Yoga</i> I: Jody <i>Virtual</i>		11:00am <i>Flashback Zumba</i> I: Anna <i>*Hybrid</i>	<b>Friday Night ~ LIVE ZUMBA</b> <b>5:00-6:00pm</b>  <b>@ Ho`ola Fitness Center</b> <i>Reservations required to attend</i> <b>Kawehi - Jan 14, Feb 18, Mar 18</b> <b>Joanie - Jan 28<sup>th</sup>, Feb 25, Mar 11</b>
<b>Sat</b>		8:00am <i>Total Body</i> I: Kureen <i>*Hybrid</i>		10:00am <i>Meditation &amp; Breathing for Healing</i> I: Savita <i>Virtual</i>	
	9:30am <i>Zumba *Hybrid</i> I: Kawehi - 1 <sup>st</sup> & 3 <sup>rd</sup> Saturday Joanie - 2 <sup>nd</sup> & 4 <sup>th</sup> Saturday Kay - 5 <sup>th</sup> Saturday				

Closed on holidays: Monday, January 17 – Martin Luther King Day & February 21 – Presidents Day; Friday March 25 – Prince Kuhio Day