



### CARDIO MACHINES & EQUIPMENT available for use as follows:

Mondays & Thursdays: 8:00am-4:30 pm  
Tuesdays, Wednesdays, & Fridays: 8:00am-6:00pm  
Saturdays 8:00am-11:00am  
Reservations are recommended 245-8933

### Register, Buy a “Punch Card”, JOIN the FUN!

- Purchase a punch card. Prices are listed below. One punch for each class or machine use.
- Punch cards expire one year from date of purchase.
- **Punch cards are non-transferable & non-refundable.**
- Completed punch cards will be placed into a drawing to win free classes. Five winners each month.
- **Punch cards cannot be used in Pre-pay classes (See host)**

<b>PUNCH CARD PRICES:</b>	<b>SPECIAL PUNCH CARDS:</b>
\$15 for 5 classes	\$45 Kapa`a yoga punch card
\$30 for 10 classes	(Ten 1.5 hour yoga classes)
\$45 for 15 classes	\$60 Monthly pass
\$60 for 20 classes	-Unlimited use for 30 days
\$75 for 25classes	-Expires 30 days from date of purchase

All participants ages 17 and below must be accompanied by a responsible adult. Participants ages 12-17 must purchase a \$10 punch card (10 classes). Participants ages 11 and below are free.

**Individuals who choose NOT to register or purchase a punch card will pay a “\$6 DROP IN” fee for classes 60 minutes or less.**

**Guest Policy:** All non-Kaua`i residents may purchase a **Guest Punch Card** or **pay a Drop In Fee** to participate in any fitness class. Guest will be required to fill out a health form and waiver **PRIOR** to class. Guest Punch Cards are \$25 for 5 classes and \$45 for 10 classes (excluding Kapaa Yoga). Drop in fees are \$6 per class and \$9 for 90 minute yoga class. **Guests MUST be healthy enough to exercise** which will be determined from health form responses. See your host or instructor for more information.

### Note: Schedule subject to change

Classes may be cancelled due to emergency situations (i.e. flashflood warning, illness, etc.)

Ho`ōla Fitness Center

# Spectacular Spring

## Fitness Schedule

April 2 - June 30 2018

**Closed: Monday, May 28 & June 11 & Saturday, June 23**



**Meet our newest instructor  
Myofascial Release (MFR) Expert**

**Margie Merryman**

Margie has been a MFR practitioner for over 25 years. She believes MFR can be a simple and easy way to relieve your body from pain and stress. In her class, Margie uses 4” sport balls, foam rollers and mats to release your fascia by doing techniques like rebounding and more. Information learned in her class can be easily used at home. She stresses how important it is to give yourself permission to take the time to invest in attending class and in doing your own self care at home to create a fascia system that is relaxed and not restricted. The relaxing, less-is-more approach used in this class is effective and beneficial to everyone. It’s the gift you give yourself!

Find us :



**Hoola Fitness Center**



**hoolafitnesscenter**



**http://www.hoolalahui.org**

Spring 2018

# Classes at Ho`ōla Fitness Center

Red = adjusted start time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:00a	<b>Super Sets &amp; Intervals</b> L:1,2,3 I: Anna		<b>Super Sets &amp; Intervals</b> L:1,2,3 I: Anna			<b>*8:00-9:15a</b> <b>April: Total Body Conditioning</b> L:1,2 I: Kureen <b>May: Myofascial Release Stretching</b> L:1 I: Margie <b>June: TBD</b>
8:30 - 9:30a	<b>Hula Le`a</b> L:1 I: Marla			<b>Zumba Gold®</b> I: Kureen(April/May) Allan (June) L:1,2		
9:45- 10:45a	<b>Zumba Gold Toning®</b> I: Kureen (April/May) Anna (June) L: 1,2	<b>Scuff &amp; Stomp</b> L:1 I: Allan	<b>*9:30-10:30a</b> <b>20/20/20</b> L:1,2 I: Marla	<b>Hula Le`a</b> L:1 I: Marla	<b>Scuff &amp; Stomp</b> L:1 I: Allan	
11:05 - 11:50a	<b>Zumba Fitness®</b> L:1,2,3 I: Joanie	<b>Tone &amp; Sculpt</b> L:1,2 I:Kureen (April/May) Sub (June)	<b>*10:45-11:45</b> <b>Myofascial Release Stretching</b> L:1 I: Margie	<b>Tone &amp; Sculpt</b> L:1,2 I: Marla	<b>Flashback Friday Zumba®</b> L:1,2 I: Anna	<b>*9:30-10:30a</b> <b>Zumba Fitness®</b> I: Kawehi (1st/3rd) Joanie (2nd/4th)
12:05 - 1:05p	<b>Sweat, Sculpt, Stretch</b> L:2,3 I: Bev	<b>Yoga Flow</b> L:1,2,3 I: Walt	<b>R.I.P.P.E.D.®</b> L:2,3 I: Anna	<b>PIYO®</b> L:1,2 I: Rose	<b>Yoga Flow</b> L: 1,2,3 I: Walt	<b>Please Note:</b> -Registration required prior to participating in classes -Shoes must be worn at all classes except yoga & hula -Bring a full water bottle & a towel -Wear comfortable exercise clothing -Showers available at Ho`ōla Fitness Center
5:00 - 6:00p	<b>Yogalates Stretch &amp; Flex</b> I: Duke L:1,2	<b>*5:00-6:15p</b> L:1,2,3 <b>Zumba® I:Kawehi &amp; Sculpt</b> I: Marla	<b>STEP (1st/3rd)</b> <b>*5:10p</b> I: Bev <b>RIPPED® (2nd/4th)</b> I: Joanie L:2,3	<b>Yogalates Stretch &amp; Flex</b> L:1,2 I: Duke	<b>Strong by Zumba®</b> L:2,3 I: Joanie	
<b>Community Classes</b>						
<b>Anahola Club House</b>	<b>Monday 5:30 - 7:00p</b> <b>Pre-Pay Yoga</b> L:1,2 I: Max (Maile 4th Mon.)					
<b>Waimea Plantation Cottages Pool</b>		<b>Tuesday 9:00 - 10:00a</b> <b>Water Aerobics</b> L:1,2 I: Anna			<b>Friday 9:00 - 10:00a</b> <b>Water Aerobics</b> L:1,2 I: Marla	
<b>Kapaa Pool &amp; Neighborhood Center (NC)</b>	<b>Monday - Kapaa NC 5:30 - 6:30p</b> <b>Zumba Fitness®</b> L:1,2,3 I:Kay	<b>Tuesday Kapaa NC 5:30 - 6:30p</b> <b>Zumba Gold Toning®</b> L:1,2 I: Joanie	<b>Aqua Zumba®</b> <b>Monday</b> I: Anna/Marla <b>Thursday</b> I: Anna <b>Kapaa Pool 5:15-6:15p</b> L: 1,2		<b>Saturday - Kapaa NC 8:30-9:30a</b> I: Bev <b>Interval Express</b> L: 2,3  <b>10:00-11:30a Yoga</b> L: 1,2 I: Max (Maile 3rd Sat.)	

**YOGA CLASSES:** Yoga: This class has it all from basic to challenging standing poses, backbends, and inversions. All postures taught in stages to make the class accessible and appropriate for all. Beginners welcome! Emphasis on both breath and alignment for an invigorating and relaxing practice. E komo mai! **L: 1, 2** Yoga

Flow: This class focuses on synchronizing movement with breath while practicing to contemporary club music. A full range of traditional poses are taught providing a full body workout. You will reduce stress, improve balance and coordination, build strength and increase your endurance. Plenty of coaching for proper form is included making this class appropriate for any level. **L: 1,2 3**

Yogalates: Hatha/Vinyasa yoga sequences that help to increase relaxation, circulation and flexibility as well as Pilates exercises to help develop and tone core muscles groups. **L: 1,2**



Zumba Fitness® is dance-fitness for everyone incorporating international rhythms. Designed for participants of any fitness level. A cardio-based workout that's fun, different, easy and effective. "Ditch the gym...join the PARTY" that's the Zumba Fitness Motto **L: 1,2,3** Zumba Gold & Gold Toning®: The Zumba Gold® program modifies the basic Zumba® program so it is safe and effective – but still consistently thrilling – for the active older adult as well as those just starting their journey to a fit and healthy lifestyle. Perfect for participants of every age and fitness level. **Gold Toning**, adds maraca-like Zumba toning sticks to enhance rhythm and build strength, this class is a blend of body-sculpting techniques combined with specific Zumba moves packed into one calorie-burning, strength-training class. **L: 1,2** Aqua Zumba®: Blends the Zumba philosophy with water resistance exercises to create the perfect pool party. **L:1,2** Strong by Zumba®: Brings elements of dance, together with body weight, resistance style, muscle conditioning and cardio training. It gives you a challenging yet safe way to increase your fitness level with science-based, cutting edge, high intensity, full body training methods with a Zumba twist. **L: 2,3**

**HFC has more than one level in most classes and often gives modifications allowing you to work at your level. Although instruction will be geared towards the level stated on HFC schedule.** Level 1: For those participants who are new or not exercising and are looking to establish a workout program. Also those who like to move at a slower pace with little or no jumping. 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 pre-existing health conditions. Level 2: If you are often 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 burn those calories. Level 3: 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. High skill and coordination used. Great for those that like to feel the burn and get your sweat on!

### ***Spectacular Spring 2018 Exercise Class Descriptions:***

20/20/20: One hour divided into (3) 20 minute segments: First, basic HI/LO aerobics weaved together into fresh and fun choreography that elevates your heart rate. Next, tone it up with exercises targeting major muscle groups using a variety of equipment. Then, end with 20 minutes of stretches to increase flexibility and decrease muscle tightness. **L:1,2 (Total Body Class has the same format just longer times for each fitness segment. 30/30/15)**

Interval Express: A dynamic workout cleverly disguised as FUN! This interval class incorporates a series of balance, core, strength training and cardio drills with relatively brief, if any, rest intervals in between. A real calorie burner that ensures fast, dramatic fitness results. **L:2,3**

Super Set & Intervals: This class combines short burst strength based workouts w/ intervals for fast, fat melting cardio - these two components are designed to give you maximum results in the shortest amount possible. **L:1,2,3**

Hula Le`a: Good for ALL hula lovers no matter your skill set. Learn hula auana dances you could perform at your next family function as you exercise your entire body. "Uwehe, Ami and Slide" your way to a healthier, happier you! **L:1**

Myofascial Release Stretching: More than your standard stretch class, come learn from a myofascial release expert proper stretching techniques designed to have lasting results that will have you feeling relaxed and energized! **L:1**

PIYO®: A Pilates & Yoga inspired high intensity, medium impact workout. PIYO gives you hardcore definition, intense calorie burn and all over strength without weights or jumps. It's new, it's fun, it's PIYO! **L: 1,2**

R.I.P.P.E.D®: A total body, high intensity style program, utilizing free weights and body weight to masterfully combine the components of R.I.P.P.E.D. Resistance, Intervals, Power, Plyometrics and Endurance. This workout will help you attain & maintain your physique in ways that are fun, safe, and extremely effective. **L:2,3**

Scuff & Stomp: This class is an opportunity to learn a treasure trove of line dances – disco, swing, country, Latin, pop and more. Here's an option for those who love to dance but prefer a low impact fitness alternative. **L:1**

Sweat, Sculpt, Stretch: A high energy class that mixes cardio interval training, balance, and resistance training. Different levels of intensity are provided to ensure everyone gets the most out of their workout that ends with a thorough cool-down and stretch. **L: 2,3** Step: Take basic step movements and string them together into tapless choreography that moves in all directions. Work your mind and your body in this energizing class! **L: 2,3**

Tone & Sculpt: A short HI/LO warm up which flows into muscle strengthening exercises for all major muscle groups using a variety of fitness equipment. Topped off with a nice stretch. **L:1,2**

Water Aerobics: Because water supports 90 percent of a person's body weight, this class allows you to perform a high-intensity workout with minimal impact on your joints. Come dressed for the pool. Bring your own towel. Park at the "Beach Access" parking lot and walk to the pool. (No restrooms at pool area) **L:1,2**