



**HO'OLA FITNESS CENTER (HFC)**
  
**January 3 – March 28, 2026**  
**Winter Fitness Schedule**  
 3-3204 KUHIO HWY. STE 105-106, LIHUE, HI 96766



Must be a member to attend classes. Register at [www.hoolalahui.org](http://www.hoolalahui.org) Attend **live** in person or **hybrid** classes on zoom. We encourage you to bring your own mat, towel and water. Classes held at Ho'ola Fitness Center. Fee: \$5 per class ~ Sliding Fee Scale available ~ Classes marked 😊 free!  
 Questions? Call: (808)245-8933 Text: (808)634-7103 Email: [hoolafitnesscenter@gmail.com](mailto:hoolafitnesscenter@gmail.com)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning	<b>6:00a (Hybrid) Super Sets</b> I: Anna		<b>6:00a (Hybrid) Super Sets</b> I: Anna			<b>8:00a (Hybrid) Total Body</b> I: Kureen
9:00 – 10:00a	<b>Hula Le`a (Hybrid)</b> I: Marla	<b>Zumba Fitness (Hybrid)</b> I: Kay	<b>Zumba Gold (Hybrid)</b> I: Anna	<b>Hula Le`a (Hybrid)</b> I: Marla	<b>Scuff &amp; Stomp (Live)</b> I: Allan	
9:30 – 10:30a (Sat. Only)		Join our <b>FREE Cook Classes</b> and earn a chance to WIN a monthly prize. Make a recipe, take a picture, send it in for another chance to WIN.				<b>Zumba Fitness (Hybrid)</b> 1 <sup>st</sup> & 3 <sup>rd</sup> - Kawehi 2 <sup>nd</sup> & 4 <sup>th</sup> - Joanie 5 <sup>th</sup> - Kay
10:15 – 10:45a	<b>Easy Stretch 😊 (Hybrid)</b> I: Kureen			<b>Easy Stretch 😊 (Hybrid)</b> I: Kureen	<b>Sit &amp; Be Fit! 😊 (Hybrid)</b> I:Anna	<b>Closed Holidays:</b> <b>Monday January 19</b> <i>Martin Luther King, Jr Day</i> <b>Monday February 16</b> <i>Presidents` Day</i> <b>Thursday March 26</b> <i>Prince Kuhio Day</i>
11:00a – 12:00p	<b>Circuit Kakou (Hybrid)</b> I: HFC Team	<b>Tone &amp; Sculpt (Hybrid)</b> I: Marla	<b>**Cook Class 😊 (Hybrid)</b> I: Nutrition Team Jan 14&21; Feb 11&18; Mar11 & 25	<b>Tone &amp; Sculpt (Hybrid)</b> I: Kureen		
5:15 – 6:15p	<b>Zumba Fitness (Live)</b> I: Kawehi	<b>Basic Hula (Live)</b> I: Marla	<b>***Cook Class 😊 (Hybrid)</b> I: Nutrition Team Jan 28; Mar 4 & 18	<b>Zumba Fitness (Live)</b> I: Joanie		

