



HO'OLA FITNESS CENTER (HFC)

3204 KUHIO HWY. STE 105-106, LIHUE, HI 96766

SUMMER FITNESS SCHEDULE

June 29 – Oct 3, 2026



Must be a member to attend classes. Register at 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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning	6:00a (Hybrid) Super Sets I: Anna		6:00a (Hybrid) Super Sets I: Anna			8:00a (Hybrid) Total Body I: Kureen
9:00 – 10:00a	Hula Le`a (Hybrid) I: Marla	Zumba Fitness (Hybrid) I: Kay	Zumba Gold (Hybrid) I: Kureen/Anna	Hula Le`a (Hybrid) I: Marla	Scuff & Stomp (Live) I: Allan	Saturday Only 9:30a (Hybrid) Zumba Fitness **Instructors below
9:30 – 10:30a	**Saturday's only 9:30-10:30a Zumba Fitness Instructors: 1st & 3rd with Kawehi ~ 2nd, 4th & 5th with Joanie					
10:15 – 10:45a	Easy Stretch 😊 (Hybrid) I: Kureen			Easy Stretch 😊 (Hybrid) I: Kureen	Sit & Be Fit! 😊 (Hybrid) I: Various	Closed Holidays: Friday, July 3 & Saturday July 4 <i>4th of July Weekend</i> Friday, August 21 <i>Admissions Day</i> Monday, September 7 <i>Labor Day</i>
11:00a – 12:00p	Circuit Kakou (Hybrid) I: HFC Team	Tone & Sculpt (Hybrid) I: Kureen	*Cook Class 😊 (Hybrid) I: Nutrition Team	Tone & Sculpt (Hybrid) I: Marla		
3:00 – 4:00p		Basic Hula (Live) I: Marla				
5:15 – 6:15p	Zumba Fitness (Live) I: Kawehi		*Cook Class 😊 (Hybrid) I: Nutrition Team	Zumba Fitness (Live) I: Joanie		

***Must make reservations for in-person attendance see Nutrition Workshops Flyer for information. Call (808)245-8933 for more information.**

Aqua Zumba classes available by reservation only at county pools Aug-Oct: Waimea - Tuesdays 9:15-10:15a; Kapaa - Fridays 10:00-11:00a