Ho`ola Fitness Center (HFC)

3-3204 Kuhio Hwy. Ste 105-106, Lihue, HI 96766

FALL FITNESS SCHEDULE

Oct 5 – December 19, 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 and donations are welcomed! 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
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:** *Thanksgiving Weekend* **November 26 – 28** **Thu, Fri, Sat**
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 in October: Waimea, Tuesdays 9:15-10:15a; Kapaa, Fridays 10:00-11:00a