



Ho`ōla Lāhui Hawai`i

2006 Fitness Hui Classes

Starting March 6, 2006 thru June 2, 2006

Bring a towel, water and a mat if you have one! Try any class the first time for **FREE**. To continue attending our classes register with Ho`ōla Lāhui Hawai`i. This costs you nothing and allows us to continue offering quality classes at an affordable price. After registering, purchase your convenient PUNCH CARD at a low price: 8 classes for \$10; 17 classes for \$20; 26 classes for \$30; 35 classes for \$40. Descriptions of classes on the back of this schedule!

Location	Mon	Tue	Wed	Thu	Fri	Sat
Anahola Club-house	♥ <i>Restorative Yoga:</i> 5:30-7pm Instructor: Essie		☯ <i>Step Aerobics</i> 6:00 pm Inst. Anna			
Ho`ola Lāhui Hawai`i Ahana Bldg 105/106 Lihue Please WALK to class!!	♥ ☯ <i>Body Sculpting</i> 11:05 pm Inst. Marla ♥ ☯ <i>Pilates</i> 12:05 pm Inst. Alana ♥ ☯ <i>Kaniola</i> 5:00 pm Inst. Alex Johnson	☯ † <i>Inter-Adv. Step</i> 11:05 pm Inst. Nalani ♥ ☯ <i>Cardio Dance</i> 12:05 pm Inst. Anna/Nalani ♥ ☯ <i>Hula Hooola</i> 4 (Keiki) & 5:00 (Adult) pm Inst. Maka	♥ ☯ <i>Body Sculpting</i> 11:05 am Inst. Marla ♥ ☯ <i>Begin-Inter Step</i> 12:05 pm Inst. Anna	♥ <i>Yoga</i> 11:05 am Inst. Alex ☯ † <i>Strengthen and Sculpt</i> Advanced 12:05 pm Inst. Bev ☯ † <i>Strengthen & Sculpt</i> 5:00 pm Inst. Melinda	☯ † <i>Cardio Blast</i> 11:05 am Inst. Tobbie ♥ ☯ <i>Yoga</i> 12:05 pm Inst. Susan B	<i>Extra parking for the Lihue Location is located behind Pizza Hut. Please use the stop lights to get across Kuaio Hwy. ALIVE!</i>
Kōloa Neighborhood Center			♥ ☯ <i>Low Impact & Sculpt</i> 5:30-6:30 pm Inst. Cha Cha			
Kapa`a Armory (we should be moving back to the Kapaa NC near the end of May)	♥ <i>Intro to Step Beginners</i> 5:00 pm Inst. Bev ☯ † <i>Step Advanced</i> 5:30 pm Inst. Bev	♥ ☯ <i>Step Begin-Inter</i> 5:30 pm Inst. Anna		☯ † <i>Step Advanced</i> 5:30 pm Inst. Bev		♥ ☯ <i>Yogalates</i> 8:30am -9:15a Inst. Joy ☯ † <i>Step Advanced</i> 9:30 am Inst. Bev
Kekaha & Kilauea Neighborhood Center		♥ ☯ <i>Kekaha Country Line Dancing</i> 4:45-5:30pm Inst. Nalani ☯ <i>Cardio Fun Kekaha</i> 5:30-6:15 pm Inst. Kellie/Nalani	♥ ☯ <i>Kilauea Low Impact & Sculpt</i> 5:00-6:00 pm Inst. Bev	♥ ☯ <i>Low Impact & Sculpt</i> 5:15-6:15 pm Inst. Marla/Kellie		

Ho`ola Lahui Hawai`i-Healthy Hawaiian Lifestyles Exercise Class Descriptions:

Lihue Lunch classes are all 45 minute Lunch Crunch Classes. Most other classes are 1 hour unless designated below.

Body Sculpting: Sculpted arms, tight abs, and firm and shapely legs are the primary focus of this challenging muscle toning workout which features a creative combination of cardio-weight training and stretching. A no miss for those who want to tone, tighten, sculpt and stretch and still have some cardio fun! **B,I**

Cardio Belly Dance Workout: 10 minute warm up, 20 minute cardio, 15 min cool down and stretch. Fun and functional workout! **B,I**

Cardio Dance Class: Enjoy a cardio workout utilizing different dance styles in their simplest form, salsa, 70's disco, country line dancing, swing, we will try anything once! (No, not pole dancing) **B,I**

Cardio Blast: Warm up and 25-30 minutes of cardio, add in some abdominal work and a stretch and you have the perfect cardio blast session!. **I, A**

Cardio Fun: Step and/or floor aerobics, add some abs and stretching for a 45 minute exercise session and that is Cardio Fun. **B, I**

Country Line Dancing: Yeeehaaaa! Grab your boots and kick up your heels to country's finest music. Learn the dances that are done by cowboys and cowgirls everywhere! 45 minute beginner class. **B, I**

Hula with Ho`ola: Led by Kumu Hula Kamakaokalani Herrod. Traditional hula dances from the past and present. Good for beginners and the more advanced. Come and enjoy this colorful Kumu, and be a part of the beauty of Hawaii's culture AND get some great exercise too! 4pm Keiki Class, 5:00pm Adult class **B, I**

Intro to Step: This is for those who are just learning to step. This is a 11 week class that will start without music and gradually work up to music. 1/2 hour only! Great for those who are just beginning an exercise program.

Kaniola: Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new and unique high-energy exercise method. Kani Ola or "Drums Alive" combines traditional aerobic movements with powerful beat and rhythms of drums utilizing drum sticks, a fitball and you. **B, I**

Low Impact & Sculpt: A low impact cardiovascular workout followed by a session to build muscular tone and core strength. **B, I**

Pilates: It's baaaaaaack! This is a form of body core conditioning. Joseph Pilates designed a system of exercises which combine stretching and strengthening to build up your "powerhouse" or core muscles. FABULOUS workout. **B, I**

Restorative Yoga: (Beginner to Intermediate Yoga) 1 hour 30 min class, focusing on beginning yoga techniques used to rejuvenate your body and it's many important functions. ***Special note: We have a limited supply of yoga mats, blankets, blocks, straps and bolsters. Rule is first come-first served. If you have these items, please bring them along with you. **B,I**

Step Aerobics (Beginner-Intermediate) : Beginner to intermediate class designed for those newer to step aerobics. A great way to get exposed to step before entering an intermediate to advanced class. Learn basic movements on the step in a comfortable atmosphere. Short weight training session included. **B, I**

Step Aerobics (Intermediate and Advanced) : The ultimate fun, high energy and challenging step class which includes warm-up, 30-45 minutes of step with super fab choreography and intervals as well as muscle conditioning and stretches. Appropriate for intermediate – advanced steppers. **I, A**

Strengthen and Sculpt with Bev Brody or Melinda Thein: Get ready for a high energy, great muscular conditioning workout. Using free-weights, tubing and other toys, you will experience a total body conditioning training that will tone and define your body. This class includes a light cardio warm up and of course abdominal training at the end of the class. **I, A**

Yoga with Alex Johnson: A beginner's GENTLE introduction to Yoga postures to help increase strength and flexibility, enhance performance in other sports, decrease risk of injury, improve concentration, bring about self-awareness, and improve overall health and well-being. **B**

Yoga with Susan Buster: Muscle stretching and toning, relaxation and meditation for beginners and intermediate yogis. Learn the postures, positions, and breathing techniques of yoga. The pace is gentle and relaxing, designed to reduce stress in your body. **B, I**

Yogalates: 45 minute class. Pilates inspired core conditioning class & Yoga. Pilates for beginners & intermediate, yoga exercises for beginners. Pilates is a total body conditioning exercise method combining flexibility and strength. It is a series of controlled movements and breathing patterns concentrating on developing a strong "powerhouse" (abdomen, spine, back, and gluts). **B,I**

Level Descriptions:

Beginner (B): For those participants who are new to fitness and are looking to establish a workout program, these classes will move at a slower pace. Look for lots of repetition in the movements, and basic choreography.

Intermediate (I): If you are occasionally 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.

Advanced (A): If you have been a participant to group exercise for sometime and are proficient in performing each movement with proper body stabilization. These classes add complexity and alter movements often.

No Ho`ola classes on the following days

March 4	Kick off for Kauai's Great Weigh Out
March 27	Prince Kuhio Day
April 14	Good Friday
May 6	Kealia Hike day
May 20	End Phase I Kauai's Great Weigh Out

**For More Information Contact: Nalani Kaauwai Brun 240-0189
nbrun@hoolalahui.org**