



# Ho`ōla Lāhui Hawai`i

2007 Fitness Hui Classes ~ KGWO Recruitment Schedule/Final

Starting February 26, 2007 thru May 11, 2007

Bring a towel, water and a mat if you have one! Try any class the first time for **FREE**. **YOU MUST REGISTER WITH HOOLA PRIOR TO PARTICIPATING IN CLASS.** 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
<b>Anahola Clubhouse</b>	♥☯ <u>Salsa!</u> 6:00 pm Inst. Nalani		☯ <u>Step</u> 6:00 pm Inst. Anna		ALL classes require athletic shoes  EXCEPT: Yoga, Yogalates, Pilates, Hula, Flex and Stretch. Mahalo!	You MUST REGISTER with Hoola PRIOR to participating in a class. Please come early on your first day!
<b>Lihue Morning Classes</b>		☯ <u>Circuit</u> 6:30 am Inst. Max		♥☯ <u>Body Sculpting</u> 6:30 am Inst. Susan O.		<i>Extra parking for the Lihue Location is located behind Pizza Hut. Please use the stop lights/pedestrian crossing to get across Kuhio Highway ALIVE!</i>
<b>Ho`ōla Lāhui Hawai`i Ahana Bldg Suites 105/106 Lihue</b> <i>Please WALK to class!!</i>  Morning and Lunch crunch classes are 45 minutes	☯ <u>Strengthen and Sculpt</u> 11:05 am Inst. Kureen  ☯ <u>Step</u> 12:05 pm Inst. Nalani	♥☯ <u>Body Sculpting</u> 11:05 am Inst. Marla  ♥☯ <u>Begin Step</u> 12:05 pm Inst. Anna  ♥☯ <u>Yoga</u> 1:05 pm Inst. Susan B	♥ <u>Flex and Stretch</u> 11:05 am Inst. ChaCha  ☯ <u>Strengthen &amp; Sculpt</u> 12:05 pm Inst. Bev	♥ <u>Country Line Dancing</u> 11:05 am Inst: Val Medina  ♥☯ <u>Low Impact and Sculpt</u> 12:05 pm Inst. ChaCha  ☯ <u>Step</u> 1:05 pm Inst. Nalani	☯ <u>Strengthen &amp; Sculpt</u> 11:05 am Inst. Tobbie  ♥☯ <u>Yoga</u> 12:05 pm Inst. Susan B	
<b>Lihue Eve Classes</b>	♥☯ <u>Yoga</u> 5:00 pm Inst. Susan B	♥☯ <u>Hula</u> 4:00 pm (keiki) & 5:00 pm (adult) Inst. Maka	☯ <u>Step</u> 5:00 pm Inst. Bev	♥☯ <u>Low Impact Aerobics</u> 5:00 pm Inst. Marla	♥☯ <u>Yoga</u> 5:00 pm Inst. Susan B	
<b>Kapaa Neighborhood Center</b>	♥ <u>Intro to Step</u> 4:30 pm Inst. Bev  ☯ <u>Step Advanced</u> 5:30 pm Inst. Bev	♥☯ <u>Hi-Lo Aerobics /Sculpt</u> 5:30 pm Inst. ChaCha		☯ <u>Step Advanced</u> 5:30 pm Inst. Bev		♥☯ <u>Yogalates</u> 8:30a -9:15a Inst. Joy  ☯ <u>Step Advanced</u> 9:30 am Inst. Bev
<b>Kekaha /Church of the Pacific Princeville</b>		♥☯ <u>KEKAHA Beginner Step &amp; Sculpt</u> 5:15-6:15 pm Inst. Kellie  ♥☯ <u>PRINCEVILLE TONE &amp; STRETCH</u> 4:45p -5:30p Inst. Petrina		♥☯ <u>KEKAHA Sculpt and Stretch</u> 5:15-6:15 pm Inst. ChaCha		♥ = Beginner  ☯ = Intermediate  ☯ = Advanced

**NO CLASSES ON:**  
Monday, March 26  
Friday, April 6  
Monday April 23, no Anahola Clubhouse class

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

**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**

**Circuit:** Good for everyone! A great way to mix up your workouts! Challenge your body in a circuit class. Move from station to station sculpting and periodically bringing up your heart rate with the "fast track"! Class runs 6:30-7:15/7:20 am **B, I, A**

**Country Line Dancing:** Back for the 11 weeks of the Weigh Out. This is a nice, easy going class utilizing the very basic moves of country line dancing...learn the boot scootin` boogie, cowgirl twist, the smooth and many more! **B**

**Flex and Stretch:** Had a hard week? It's time to come in and listen to a soothing voice, stretch out those muscles and get rid of the tension. Perfect for anyone needing some downtime. Good for everyone!. **B**

**Low Impact Aerobics:** Low impact cardiovascular floor workout keeping at least one foot on the floor at all times. This is followed by a session to build muscular tone and core strength. **B, I, A**

**Hi-Lo Aerobics:** Both Hi and low impact cardiovascular floor workout followed by a session to build muscular tone and core strength. **B, I, A**

**Hula :** 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**

**Salsa!** Just what it says.....wiggle and jiggle to some great latin music and latin moves. Can you say KatchiKatchi?**B, I**

**Sculpt and Stretch:** Short warm up, lots of sculpting and a nice extended stretch session with the master of stretch! **B,I**

**Strengthen and Sculpt :** Get ready for a high energy, great muscular conditioning workout. Using free-weights, tubing and other "fit" 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**

**Step Beginner:** For those just beginning in step. You can use a step or a step mat (which is flat on the floor) and slowly get used to the basic moves, lingo and timing of this popular exercise challenge.. **B**

**Step Aerobics (or Step )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 usually included. **B, I**

**Step Aerobics (or Step) (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**

**Step Aerobics (or Step) (Advanced):** Yee haa! This class is for Exercise Freaks! This is for the serious stepper. Lingo and moves are fast and furious and intervals are regular and seem to go forever! NOT recommended for beginners. Intermediates take their chances. **A**

**Step and Sculpt:** Beginner to intermediate step class for 20-30 minutes with a full 20-25 minutes of sculpt and a stretch to top it off. **B, I**

**Tone and Stretch:** Start with a cardio warm up, body conditioning and then finally stretching. This is an all around great workout on the beautiful North Shore. **B, I**

**Yoga :** 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:** 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**

**NOTE: Morning and Lunch Classes run 45-50 minutes each. Yogalates runs 45 minutes. All other classes run about an hour (or so).**

### **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. Learn fundamental techniques while increasing your heart rate and having fun. Great for those who are not used to exercising regularly or who have preexisting health conditions.

**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. A great class for those who exercise frequently and want to "feel" their workout.

**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. These classes are for the freaks of our society who simply can't get enough. High skill and coordination required. Great for burning the maximum amount of calories.

**ALL CLASSES ARE WEATHER PERMITTING ONLY. IF THERE IS A FLOOD WARNING, THEN CLASSES ARE CANCELLED. Call the HOTLINE: 240-0206.**

**For More Information Contact: Nalani Kaauwai Brun 240-0189  
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Or our main line: 240-0100**

## **Ho`ola Instructors:**

**Bev Brody  
Maka Herrod  
ChaCha Nash  
Marla Silva  
Anna Velasco**

**Nalani Ka`auwai Brun  
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