



Ho`ōla Lāhui Hawai`i

2007 Fitness Hui Classes ~ Summer Schedule
Starting May 14, 2007 thru September 29, 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
Anahola Clubhouse			☯ <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!
Lihue Morning Classes		☯ <u>Circuit</u> 6:30 am Inst. Max		♥ ☯ <u>Low Impact and Sculpt</u> 6:30 am Inst. Susan Oshiro		<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>
Ho`ōla Lāhui Hawai`i Ahana Bldg Suites 105/106 Lihue <i>Please WALK to class!!</i> Morning and Lunch crunch classes are 45 minutes	♥ ☯ <u>Summer Salsa</u> 11:05 am Inst: Nalani ☯ <u>Strengthen and Sculpt</u> 12:05 pm Inst. Max	♥ ☯ <u>Body Sculpting</u> 11:05 am Inst. Marla ♥ <u>Begin Step</u> 12:05 pm Inst. Anna/ChaCha	♥ <u>Flex and Stretch</u> 11:05 am Inst. ChaCha ☯ <u>Strengthen & Sculpt</u> 12:05 pm Inst. Bev	♥ ☯ <u>Low Impact and Sculpt</u> 11:05 am Inst. ChaCha/Anna ♥ ☯ <u>Summer Salsa</u> 12:05 pm Inst: Nalani	☯ <u>Strengthen & Sculpt</u> 11:05 am Inst. Tobbie ♥ ☯ <u>Yoga</u> 12:05 pm Inst. Susan B	
Lihue Eve Classes	♥ ☯ <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 & Sculpt</u> 5:00 pm Inst. Marla	♥ ☯ <u>Yoga</u> 5:00 pm Inst. Susan B	
Kapaa Neighborhood Center	☯ <u>Turbo Step Advanced</u> 5:30 pm Inst. Bev	♥ ☯ <u>Summer Salsa and Sculpt</u> 5:30 pm Inst. Anna		☯ <u>Turbo Step Advanced</u> 5:30 pm Inst. Bev		♥ ☯ <u>Yogalates</u> 8:30a -9:15a Inst. Joy ☯ <u>Multi-Step Advanced (By sign up)</u> 9:30 am Inst. Bev
Kekaha Neighborhood Center		♥ ☯ <u>KEKAHA Low Impact and Sculpt</u> 5:15-6:15 pm Inst. Kellie		♥ ☯ <u>KEKAHA Sculpt and Stretch</u> 5:15-6:15 pm Inst. ChaCha		♥ = Beginner ☯ = Intermediate ☯ = Advanced
<p>NO CLASSES ON: Saturday, May 12, July 7, July 14, Aug 25 Monday, May 28, June 11, Sept 3 Wednesday, July 4 Friday, August 17 Off: June 12-16 (NO CLASSES)</p>						

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**

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

Multi Step: All the fun of intermediate to advanced step choreography spread out over 4 steps...thus the multi step concept. It's a challenge to remember your name after this class. This class has size limits so please call to sign up. 240-0189 (Nalani)**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**

Summer Salsa! Just what it says.....wiggle and jiggle to some great latin music and latin moves. Can you say Katchi Katchi? Anybody can do it! No partners needed! **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)Intermediate) : Little more choreography and cardiovascular challenge then the beginner step. Learn basic movements on the step then take them in different directions...all in a comfortable atmosphere. Short weight training session usually included. **B, I**

Turbo Step Aerobics (or Step) (Advanced): Yee haa! Bring your own seatbelts! 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 on forever! NOT recommended for beginners. Intermediates take their chances. **A**

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: Yoga and Pilates mixed. Muscle stretching and toning, relaxation and meditation for beginners and intermediate yogis. Plus you get a lot of concentration on building your core muscles. This is a 45 minute class. **B, I**

NOTE: Morning and Lunch Classes run 45-50 minutes each. 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

Max Klutke

Susan Oshiro

Tobbie Tuttle

Duke Nakamatsu

Susan Buster

Kureen Medeiros

Kellie Pleas

Justin Wilkins

Nancy Graf