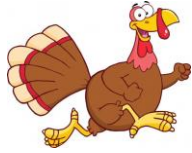
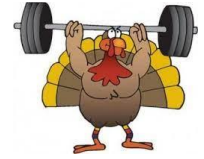


Nowemapa 2022

Mohalu Health and Wellness Center Hui No Ke Ola Pono



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Clinical Exercise Physiologist/ Gym Manager
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LaP u	Po'akahi	Po'alua	Po'akolu	Po'aha	Po'alima	Po' a
		1 Open gym: 8:30-9:45 am	2 Open gym: 8:30-11:30 am	3 Open gym: 8:30-10:30 am	4 Open gym: 8:30-11:30 am	5
6	7 Open gym: 8:30-11:30 am <i>Fit 4 Life: 10 am</i>	8 Open gym: 8:30-9:45 am	9 Open gym: 8:30-11:30 am	10 Open gym: 8:30-10:30 am	11 CLOSED Veteran's Day	1 2
13	14 Open gym: 8:30-11:30 am <i>Fit 4 Life: 10 am</i>	15 Open gym: 8:30-9:45 am	16 Open gym: 8:30-11:30 am	17 Open gym: 8:30-10:30 am	18 Open gym: 8:30-11:30 am	1 9
20	21 Open gym: 8:30-11:30 am <i>Fit 4 Life: 10 am</i>	22 Open gym: 8:30-11:30 am *No MMM*	23 Open gym: 8:30-11:30 am	24 CLOSED HAPPY THANKSGIVING	25 CLOSED HAPPY THANKSGIVING	2 6
27	28 CLOSED *Community Outreach Event*	29 Open gym: 8:30-9:45 am	30 Open gym: 8:30-11:30 am	Open gym: 8:30-10:30 am	Open gym: 8:30-11:30 am	
	**Schedule subject to change. No appointment necessary! **			<u>"Fit 4 Life"</u> : a 30-minute group exercise class to increase your strength, endurance, and balance! Held in the gym.		

