

Malaki

Hale Ho‘oikaika Health and Wellness Center
Hui No Ke Ola Pono



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LāP u	Pō‘akahi (Monday)	Pō‘alua (Tuesday)	Pō‘akolu (Wednesday)	Pō‘ahā (Thursday)	Pō‘alima (Friday)	Pō 'a
			1 Gym: 8:30-11:30 Fit 4 Life: 10:00am	2 Gym: 8:30-11:00	3 Gym: 8:30-11:00 **NO Chair aerobics or Chair yoga today**	4
5	6 Gym: 8:30-11:30 & 1:00-3:00 pm Fit 4 Life: 10:00am	7 Gym: 8:30-9:45 MMM (Ornish alumni)-10:00am	8 Gym: 8:30-11:00* Fit 4 Life: 10:00am	9 Gym: 8:30-11:00	10 Gym: 8:30-11:00 Chair Aerobics: 11:00-11:30 am Chair yoga: 11:45- 12:15 pm	1 1
12	13 Gym: 8:30-11:30 & 1:00-3:00 pm Fit 4 Life: 10:00am	14 Gym: 8:30-11:30	15 Gym: 8:30-11:30 **No Fit 4 Life today**	16 Gym: 8:30-11:00	17 Gym: 8:30-11:00 **No Chair aerobics or Chair yoga today**	1 8
19	20 Gym: 8:30-11:30 & 1:00-3:00 pm Fit 4 Life: 10:00am	21 Gym: 8:30-11:30	22 Gym: 8:30-11:30 Fit 4 Life: 10:00am	23 Gym: 8:30-11:00	24 Gym: 8:30-11:00 Chair Aerobics: 11:00-11:30 am Chair Yoga: 11:45- 12:15pm	2 5
26	27 Prince Kūhiō Day GYM CLOSED	28 Gym: 8:30-9:45 MMM resumes (Ornish alumni)- 10:00am	29 Gym: 8:30-11:30 Fit 4 Life: 10:00am	30 Gym: 8:30-11:00	31 Gym: 8:30-11:00 **No Chair aerobics or Chair yoga today**	

