

Mei

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



Emily Saltman, MS ACSM-CEP, CCRP
808-442-6851; esaltman@hnpk.org



LāPu	Pō‘akahi (Monday)	Pō‘alua (Tuesday)	Pō‘akolu (Wednesday)	Pō‘ahā (Thursday)	Pō‘alima (Friday)	Pō‘a
	1 Gym: 8:30-11:30 & 1:00-3:00 pm Fit 4 Life: 10:00	2 Gym: 8:30-10:00 <i>*MMM (Ornish alumni)- 10:00</i>	3 Gym: 8:30-11:30 Fit 4 Life: 10:00	4 Gym: 8:30-11:30	5 Gym: 8:30-11:00 Chair Aerobics: 11:00-11:30 am Chair Yoga: 11:30- 12:00 pm	6
7	8 Gym: 8:30-11:30 & 1:00-3:00 pm Fit 4 Life: 10:00	9 Gym: 8:30-10:00 <i>*MMM (Ornish alumni)- 10:00</i>	10 Gym: 8:30-11:30 Fit 4 Life: 10:00	11 Gym: 8:30-11:30	12 Gym: 8:30-11:00 Chair Aerobics: 11:00-11:30 am Chair Yoga: 11:30- 12:00 pm	13
14	15 Gym: 8:30-11:30 & 1:00-3:00 pm Fit 4 Life: 10:00	16 Gym: 8:30-10:00 <i>*MMM (Ornish alumni)- 10:00</i>	17 Gym: 8:30-11:30 Fit 4 Life: 10:00	18 Gym: 8:30-11:30	19 Gym: 8:30-11:00 Chair Aerobics: 11:00-11:30 am Chair Yoga: 11:30- 12:00 pm	20
21	22 Gym: 8:30-11:30 & 1:00-3:00 pm Fit 4 Life: 10:00	23 GYM CLOSED	24 Gym: 8:30-10:00 Fit 4 Life: 9:00 am	25 Gym: 8:30-11:30	26 Gym: 8:30-11:00 Chair Aerobics: 11:00-11:30 am Chair Yoga: 11:30- 12:00pm	27
28	29 GYM CLOSED Memorial Day	30 Gym: 8:30-10:00 *NO MMM* <i>(Will resume next week)</i>	31 Gym: 8:30-11:30 No Fit 4 Life	1 GYM CLOSED (staff conference)	2 GYM CLOSED (staff conference)	

--	--	--	--	--	--	--