

September

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



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



LāPu	Pō‘akahī (Monday)	Pō‘alua (Tuesday)	Pō‘akolu (Wednesday)	Pō‘ahā (Thursday)	Pō‘alima (Friday)	Pō‘oikaika
3	4 LABOR DAY GYM CLOSED	5 Gym: 7:00-10:00am; 2:30-4:30 pm <i>MMM: 10-12pm</i>	6 Gym: 8:00-11:30am <i>Fit 4 Life: 10-10:30am</i>	7 Gym: 7:00-11:00am; 2:30-4:30 pm <i>Chair Aerobics 10:00am Chair yoga: 10:30 am</i>	8 Gym: 8:00-11:00am	9
10	11 GYM CLOSED	12 Gym: 7:00-10:00am; 2:30-4:30 pm <i>MMM: 10-12pm</i>	13 Gym: 8:00-11:30am <i>Fit 4 Life: 10-10:30am</i>	14 Gym: 7:00-11:00am; 2:30-4:30 pm <i>Chair Aerobics 10:00am Chair yoga: 10:30 am</i>	15 Gym: 8:00-11:00am	16
17	18 Gym: 8:00-11:30am <i>Fit 4 Life: 10-10:30am</i>	19 Gym: 7:00-10:00am; 2:30-4:30 pm <i>MMM: 10-12pm</i>	20 Gym: 8:00-11:30am <i>Fit 4 Life: 10-10:30am</i>	21 Gym: 7:00-11:00am; 2:30-4:30 pm <i>Chair Aerobics 10:00am Chair yoga: 10:30 am</i>	22 Gym: 8:00-11:00am	23
24	25 Gym: 8:00-11:30am <i>Fit 4 Life: 10-10:30am</i>	26 Gym: 7:00-10:00am; 2:30-4:30 pm <i>MMM: 10-12pm</i>	27 Gym: 8:00-11:30am <i>Fit 4 Life: 10-10:30am</i>	28 Gym: 7:00-11:00am; 2:30-4:30 pm <i>Chair Aerobics 10:00am Chair yoga: 10:30 am</i>	29 Gym: 8:00-11:00am	30
		*“MMM” = Ornish alumni Program.				

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