



East Hawai'i has many fitness programs. There are a selection of ways to get fit and a variety of options to choose from. Please check websites and/or call for the latest updated information.

(updated April 2017)

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## FITNESS CENTERS/GYMS

**Aloha Fitness Club** 215 Railroad Ave., Ste. B2, Hilo, HI 96720

(808) 933-1544 | [www.alohafitnessclubhi.com](http://www.alohafitnessclubhi.com)

Hours: Mon-Fri 5am-8pm, Sat 7am-12pm, Sun 12-4pm

Cost: \$400 for 1 year paid in full, \$50/mo.- no contract, \$40/mo. for 1 year contract: In house, \$35/mo. for 1 year Contract: EFT Auto Monthly Billing

Classes: Total Fitness 180, Silver & Fit, Kupuna Strength Training

- All levels; Silver & Fit and Kupuna Strength Training for 65+ years of age
- Single shower available

**CrossFit Iron Hilo** 140 Holomua St., Hilo, HI 96720

(808) 987-8169 | [www.crossfithiloiron.com](http://www.crossfithiloiron.com)

Hours: Mon/Wed/Fri 6, 8 & 9am - 3, 4, 5 & 6pm, Tues/Thurs 8, 9 & 10am - 3, 4, & 6pm, Sat 8 & 9am

Cost: Intro Class: Individual: \$100 (non-refundable); 2+ people:\$85/person (non-refundable);

Unlimited: \$115/mo.; Unlimited Couples: \$190/mo.; 3x/wk: \$90/mo., Drop-in: \$10

\*Discounted rates for Fire/Military/Police/Nurses/Teachers

Classes: (Follows CrossFit Methodology)

- All levels
- Prior CrossFit experience is required to drop-in

**Hilo Health Cooperative** 1717 Kamehameha Ave., Hilo, HI 96720

(808) 315-7420 | [www.hilohealth.coop](http://www.hilohealth.coop)

Hours: 7 days per week; 6am-6:30pm

Cost: \$95/mo., Drop-in fees \$15/class

Classes: S.M.A.R.T. Exercise Classes- Base Camp, Boot Camp & Peak Performance, SMART nutrition classes,

CORE training, MQ Vitality (Medical Qigong), Zumba, Yoga, Pre/post-natal fitness

- All levels; Ages 15-86
- All new members required to take an Optimum Health Assessment- 30 min. session which measures 45 different metrics to help members set attainable Optimum Health goals
- Child care available (check times on website)

**Penn Training and Fitness Center** 639 Kino'ole St., Hilo, HI 96720

(808) 961-6989 | [www.penn gym.com](http://www.penn gym.com)

Hours: Mon-Fri 4am-12am, Sat 6am-8pm, Sun 6am-5pm

Cost: \$55/mo., \$45/mo.- college/seniors, \$34/mo.- high school, \$112/3 mos., \$435 for 1 year

Classes: Jiu-Jitsu, MMA, Muay Thai, Spinning, Yoga, H.I.I.T., Wrestling, Cardio, Zumba, etc.

- All levels (tends to be college students and middle-aged adults)
- Showers, lockers, and sauna available
- Free one-day pass

**Resolution Gym** 29 Shipman St., Ste. 104, Hilo, HI 96720

(808) 961-2623 | [www.gymresolution.com](http://www.gymresolution.com) (website pending)

Hours: Mon 4am - Sat 3pm (24 hours), Sun 8am-12pm

Cost: \$40/mo., \$200 semi annual, \$360 annual

Classes: Cardio Kicks, Body Conditioning, Modern Dance, Tai Chi, etc.

- All levels
- Showers and lockers available

**Spencer's Health and Fitness Center** 197 Keawe St., Hilo, HI 96720

(808) 969-1511 | [www.spencerhealthandfitness.com](http://www.spencerhealthandfitness.com)

Hours: Mon-Fri 4am-8pm, Sat 4am-3pm, Sun 4am-12pm

Cost: \$40/mo.; Student and long-term discounts available

Classes: Aerobics, Fast Pace Aerobics, Yoga

- All levels (tends to be middle-aged adults)
- Showers, lockers, and sauna available

**The Brave Fitness** 215 Railroad Ave., Ste. B2, Hilo, HI 96720

(808) 640-0263 | [www.facebook.com/thebravefitness](http://www.facebook.com/thebravefitness)

Hours: Mon-Fri 8am-12pm and Sat 8-11am

Costs: \$50/mo.; \$35/mo. for 6 mos. / HUT \$10/mo. (38-40 classes) & free outdoors

Classes: Brave Fit, HUT (Hawaii Urban Training), TRX, Brave Kickboxing, BODY (Brave of the Day), XY, BAD (Brave Absolute Defense), OCR (Obstacle Course Training)

- All levels, ages 18-70
- Master Trainer holds MA degree in sports and health science & all trainers are certified in XY (H.I.I.T. Yoga) or Olympic Weight Lifting
- Guides to national bodybuilding titles, state powerlifting titles, top overall performance at the Spartan Race, preventative care and injury recovery

**YMCA** 300 W. Lanikaula St., Hilo, HI 96720

(808) 935-3721 | [www.islandofhawaiiYMCA.org](http://www.islandofhawaiiYMCA.org)

Hours: Mon-Fri 5am-8pm, Sat 9am-5pm, Sun 1pm-5pm

Cost: One time registration fee: \$50; Teens: \$13/mo., ages 18-54: \$36/mo., Ages 55+: \$30/mo.

Classes: Various Zumba & Hula classes, Matua (Tahitian/hula), Chair yoga, (as well as gym equipment: elliptical, treadmill, etc.), Wing Chun Kung Fu

- All levels, ages 13+; orientation required for ages 13-17
- Showers and lockers available

## YOGA

**Balancing Monkey Yoga Studio** 1221 Kilauea Ave., Hilo, HI 96720

(808) 633-8555 | [www.balancingmonkeyyoga.com](http://www.balancingmonkeyyoga.com)

Hours: Classes offered every day, visit online for complete schedule

Cost: \$6-\$10/class, Monthly unlimited start at \$75/mo.

Classes: Basic, Stretch and Restorative, Pilates Core Flow, Vinyasa 1&2, Blend, Gentleyoga. Yogahour

- Yoga and Pilates classes for all levels (public and private available), Yoga Teacher Training
- Private lessons and unique workshops available. Check out schedule and offerings on website

**Hilo Yoga Shala & Bodywork** 284 Keawe St., Hilo, HI 96720

(808) 443-1979 | [www.hiloshala.frontdeskhq.com](http://www.hiloshala.frontdeskhq.com)

Hours: Mon 5-6:30pm, Tues-Fri 7-10am, Saturday 8-9:45am

Cost: \$15 Drop-in (30-minute class), \$65 for 5 class pass, \$110 for 10 class pass, \$120 for monthly unlimited

\*See website for class times & more package rates

Classes: Vinyasa, Ashtanga: Mysore, Ashtanga: Led Primary Series,

Purna Yoga

- All levels
- Therapeutic Bodywork available by appointment

**Hot Yoga Hilo** 336 Kamehameha Ave., Hilo, HI 96720

(808) 937-3037 | [www.hotyogahilo.com](http://www.hotyogahilo.com)

Hours: Mon 8am, 4:30pm, 6:30pm; Tues/Thurs 8am, 5pm, 7pm;

Wed 7am, 9am, 7pm; Fri 9am, 4:30pm; Sat 7:30am; Sun 9am, 4:30pm

Cost: \$35 for the first mo.; unlimited, sliding scale and various passes available after.

Classes: Bikram (Flow Yoga), Low heat Vinyasa Flow, Nonheated Yin Yoga, monthly cost self-care essential oil classes and wellness workshops

- All levels- ages 9-90
- Private one-on-one or group sessions offered
- Showers, cubbies, mats, towels, and water available for purchase or rent

## YOGA

**Kalani Honua Retreat Center** 12-6860 Kalapana-Kapoho Beach Rd., Pāhoa, HI 96778

(800) 800-6886 | [www.kalani.com](http://www.kalani.com)

Hours: Classes are scheduled throughout the day, from 6:30am-9pm. \*Call for class schedule

Costs: \$15 for guests; \$10 for Kama'āina with valid Hawaii ID

Classes: Yoga: Hatha, Vinyasa, Yin, Restorative, Kundalini; Qigong; Intuitive Aquatic Movement; Movement Meditation; Yogalates, Capoeira

- Hosts many dance workshops and festivals: Hula; Swing Dance; Samadhi Dance and Ecstatic Dance.

**Yoga Centered** 37 Waiānue Ave., Hilo HI 96720

(808) 934-7233 | [www.yogacentered.com](http://www.yogacentered.com)

Hours: Mon-Fri 10am-5:30pm; Sat 9am-4pm

Cost: \$20 for 10 consecutive days; Drop-in \$15; 5-Class Pass \$65 ; 10-Class Pass \$120;

Month Unlimited \$125 (Non Auto-Renew \$145); (Includes ALL yoga classes on schedule, PLUS 2 free guest passes per month!)

\*Check website for more specialty rates & packages.

Classes: Basic Flow, Flow, Buddhi/Buti Yoga, Yoga Nidra, Restorative, Relax Deeply

- All levels
- Cubbies available; Mats available to rent
- Private sessions, Workshops, Retreats and Yoga Teacher Trainings
- Boutique adjacent to studio

## AQUATIC FITNESS

**Hilo Ocean Adventures** 1717 Kamehameha Ave., Hilo, HI 96720

(808) 934-8344 | [www.hilooceanadventures.com](http://www.hilooceanadventures.com)

Hours: 7 Days a week from 8:30am-6pm

Costs: 4 Pool Swim Lessons: \$65, 8 Lessons: \$130, 12 Lessons: \$175.50 (save 10%)

4 Ocean Swim Lessons: \$75, 8 Lessons: \$150, 12 Lessons: \$202.50 (Save 10%)

Classes: Swim lessons for ages 6 mos +, as well as an array of scuba services

- The ONLY indoor heated pool in Hilo

**Kawamoto Pool** 260 Kalanikoa St., Hilo, HI 96720

(808) 961-8698 | [www.hawaiicounty.gov/pr-aquatics](http://www.hawaiicounty.gov/pr-aquatics)

Hours: Classes and times change monthly. Most up-to-date schedule can be found on website under aquatics Program Guide tab.

Classes: Public recreational & adult lap swim, adult lap swim (short course), adult lap swim (long course-swimming only), Age group swim team practice, Lifeguard training classes, learn to swim classes

**NAS Pool** 110 Operations Rd., Hilo, HI 96720

(808) 961-8697 | [www.hawaiicounty.gov/pr-aquatics](http://www.hawaiicounty.gov/pr-aquatics)

Hours: Classes and times change monthly. Most up-to-date schedule can be found on website under Aquatics Program Guide tab.

Cost: \$20/mo. or \$60/qtr. for adults

Classes: Deep water exercise, shallow water exercise, fitness swim, Easter Seals

**Pāhoa Community Aquatic Center** 15-2910 Puna Rd., Pāhoa, HI 96778

(808) 965-2700 | [www.hawaiicounty.gov/pr-aquatics](http://www.hawaiicounty.gov/pr-aquatics)

Hours: Classes and times change monthly. Most up-to-date schedule can be found on website under Aquatics Programs Guide tab.

Classes: Water Aerobics, Adult Laps Swim, Age Group Swim Team Practice, Children's Learn to Swim Classes

Cost: \$20/mo., \$15 per session for Learn to swim Class

\*More Pool options can be found at: <http://www.hawaiicounty.gov/pr-aquatics/>

## ZUMBA

- Dozens of Zumba instructors in East Hawai'i. Contact info available at [www.Zumba.com](http://www.Zumba.com)
- Numerous locations from Hilo to Kea'au to HPP to Pāhoa.
- Class types include: Zumba, Zumba Gold, Zumba Gold-Toning, Plate by Zumba, strong by Zumba, Zumba Toning and Zumba Step
- Classes are offered Monday to Sunday, Morning and night, depending on location. Prices vary
- To find the best class for you, go to [Zumba.com](http://Zumba.com), click "Find A Class"
- All levels

## MARTIAL ARTS

**Advanced Kempo-Karate System- Hilo Branch** 10 Anela Street, Hilo, HI 96720

(808) 938-1276 | [www.advancedkempo-karatesystem.com/branches/hilo\\_branch](http://www.advancedkempo-karatesystem.com/branches/hilo_branch)

Hours: Mon/Thurs 5:30-6:30pm Children's Class; 6:30pm-8:00pm Adult's Classes

Style: Kempo

- Kids 5-15, Adults 16+

**Aikido of Hilo** 29 Shipman St., Ste. 203, Hilo, HI 96720

(808) 935-AIKI (2454) | [www.aikidoofhilo.org](http://www.aikidoofhilo.org)

Cost: Individual: \$60/mo. (\$180/qtr.) Family Membership- \$90/mo. (\$270/qtr.) College Student \$45/mo. (\$135/qtr.)

Classes: Youth, Teen & Adult: Beginner, Intermediate, & Advanced Mixed level, Basic Weapons, Advanced Weapons

Style: Aikido

- Aikido is an integrated practice; physical, mental & spiritual. It enhances the overall health of the whole person. Teaching harmony and non-violence, aikido teaches individuals how to get along with others and to resolve conflicts. It is also an effective self-defense and a way of personal empowerment.

**Big Island Martial Arts Academy** 29 Shipman St., Hilo, HI 96720

(808) 895 2183 | [www.facebook.com/Big-Island-Martial-Arts-Academy-181984358278/](http://www.facebook.com/Big-Island-Martial-Arts-Academy-181984358278/)

Style: Tae Kwon Do

**Big Island Tony Ramos Kajunkenbo Martial Arts** 69 Railroad Ave., Hilo, HI 96720

(808) 937-8107 | [www.facebook.com/Big-Island-Tony-Ramos-Kajunkenbo-Martial-Arts-101204913302572](http://www.facebook.com/Big-Island-Tony-Ramos-Kajunkenbo-Martial-Arts-101204913302572)

Hours: Mon/Wed 9-10am, 3:30-7:30pm; Tues/Thurs 4am-8pm, Fri 4:15-6:30pm, Sat 10am-12 pm

Classes: Karate, Fitness and Wellness Classes

Style: Kajunkenbo

**BJ Penn's World Class Mixed Martial Arts Academy** 639 Kino'ole St., Hilo, HI 96720

(808) 961-6989 | [www.pennngym.com](http://www.pennngym.com)

Style: Brazilian Jiu-Jitsu, Kickboxing, Capoeira

**Canda Tae Kwon Do- Waiākea Recreation Center** 1634 Kamehameha Ave., Hilo, HI 96720

Asterio Canada (808) 965-9803

\*Call for Rates & Hours

Style: Tae Kwon Do

**Charles Gracie Jiu-Jitsu Hilo Academy** 266 Waiānue Ave., Hilo, HI 96720

(808) 430-8807 | [chris.smith@tigerbjj.com](mailto:chris.smith@tigerbjj.com)

Style: Gracie Jiu-Jitsu

**Han Shi Yi Quan** P.O. Box 1022, Pāhoa, Hawaii 96778

(808) 557-1379 | [andrew@arplack.com](mailto:andrew@arplack.com)

Style: Yi Quan

**Hawaii Wado Karate Association- Sangha Hall** 398 Kilauea Ave., Hilo, HI 96720

(808) 987-1465

Hours: Wed 5pm-6pm

Cost: \$30/mo.

Style: Wado Ryu Karate

- Ages 6+

## MARTIAL ARTS

**Hilo Hongwanji Judo Club** 398 Kilauea Ave., Hilo, HI 96720  
(808) 961-6677 | <http://www.hilobetsuin.org/organizations/judo>  
Classes: Mon/Wed: 5:30pm  
Style: Judo

- Ages 7+

**Hilo Hongwanji Kendo Club** 398 Kilauea Ave., Hilo, HI 96720  
(808) 961-6677 | <http://www.hilobetsuin.org/organizations/kendo>  
Classes: Thurs 5pm, Sat 6:30pm  
Style: Kendo

- Ages 6-17

**Hilo Kobukan Kendo Club- Waiākea Recreation Center** 1634 Kamehameha Ave., Hilo, HI 96720  
(808)333-8520 | <http://hawaiiendofederation.org/hilo-kobukan-hilo-big-island-hawaii-isa>  
Hours: Wed 5 pm- 6:30 pm, Sat 9am -11am \*Call for Rates & Hours  
Style: Kendo

**Hilo Seishikan Aikido Club- Waiākea Recreation Center** 1634 Kamehameha Ave., Hilo, HI 96720  
Ruth Walker (808) 959-9589 \*Call for Rates & Hours  
Style: Aikido

**Hilo Shin Shin Toitsu Aikido Club- Waiākea Recreation Center** 1634 Kamehameha Ave., Hilo, HI 96720  
Leilani Pakele (808) 960-4205 \*Call for Rates & Hours  
Style: Shinshein Toitsu Aikido

**Kongo Zen Shorinji Karate- Waiākea Recreation Center** 1634 Kamehameha Ave., Hilo, HI 96720  
Yoshi Obasa (808) 966-9132 \*Call for Rates & Hours  
Style: Shorinji Karate

**Martial Arts Hawaii** 761B Kanoelehua Ave., Hilo, HI 96720  
(808) 959-1895  
Style: Traditional Tae Kwon Do, Cardio Strike Fitness

**Shodukan Judo Club- Waiākea Recreation Center** 1634 Kamehameha Ave., Hilo, HI 96720  
(808) 333-9909 | [https://www.facebook.com/Shudokan/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/Shudokan/?ref=aymt_homepage_panel)  
Hours: Beginners- Wed/Fri 4:30pm-5:30pm, Intermediate/HS- Mon/Wed/Fri 5:30pm-7:30pm  
Cost: \$20/mo.; annual United States Judo Federation (USJF) membership fee of \$60  
Style: Judo

- Ages 6-18

**Spirit of the White Robe Muay Thai Waiākea Recreation Center** 1634 Kamehameha Ave., Hilo HI 96720  
(808) 443-6779 | [www.facebook.com/spiritofthewhiterobe](http://www.facebook.com/spiritofthewhiterobe)  
Hours: Tues 3:30-5:30pm Fitness; Fri 6-7:30pm Adult Beginners; Sat 9-10am Children  
Style: MuayThai

- All ages & skills

**U.S. Wing Chun Kung Fu Academy YMCA** 300 W Lanikaula St., Hilo, HI 96720  
(415) 935-1683 | <https://www.uswingchun.com/>  
Cost: \$20/class; Basic membership: \$105; Valued Membership \$89  
Hours: Tues/Thurs 6-8pm, Sat 8-10am  
Style: Wing Chun Kung Fu

**T'ai Chi Ch'uan Waiākea Recreation Center** 1634 Kamehameha Ave., Hilo, HI 96720  
Ronald Takeya (808) 936-9503 \*Call for Rates & Hours  
Style: T'ai Chi Ch'uan

**Waiākea Judo Club Waiākea Recreation Center** 1634 Kamehameha Ave., Hilo, HI 96720  
Ronald Takeya (808) 936-9503 \*Call for Rates & Hours  
Style: Judo

## DANCE

**Center Stage** 1133 Manono St., Bays 7 & 8, Hilo, HI 96720  
(808) 990-7163 | [www.centerstagehilo.com](http://www.centerstagehilo.com)  
Cost: Drop-in rates \$12/class; Community class \$6/class \*See website for class times & package rates  
Classes: Jazz, Contemporary, Ballet, Hip-Hop, Tap, Tiny Tots Creative Movement

- Ages 2+

**Island Dance Academy** 27 Haili St., Hilo, HI 96720  
(808) 961-3622 | [www.facebook.com/Island-Dance-Academy-324529688776/](http://www.facebook.com/Island-Dance-Academy-324529688776/)  
Cost: Drop-in rates \$15/class \*See website for class times & package rates  
Classes: Beginners, Intermediate, Advanced: Hip-Hop, Pointe, Jazz, Tap, Jazz, Creative Ballet

- Ages 4+

**Hilo Bay Dance Club- Hilo ELK's Lodge** 150 Kino'ole St., Hilo, HI 96720  
Andrew Bisset (808) 969-9408 | [www.hilobaydanceclub.org](http://www.hilobaydanceclub.org)  
Cost: for 10 sessions is only \$5  
Hours: Tues 7-9pm; Practice & Open Dance Fri 7-9pm  
Classes:

- Pupu Parties are held 2x/quarter

**Hilo Hep Cats- Hilo ELK's Lodge** 150 Kino'ole St., Hilo, HI 96720  
[hilohepcats@gmail.com](mailto:hilohepcats@gmail.com) | [www.hilohepcats.org](http://www.hilohepcats.org)  
Cost: Drop-in rates \$10/class; \$35 for 6-week session \*See website for class times & package rates  
Classes: Swing: Charleston, Lindyhop, Balboa, Flairs & Flourishes, etc.

- Where to Dance tab is a good resource for different styles of dance gatherings on Big Island
- Age - High School & up

**N2 Dance- YWCA of Hawai'i Island** 145 Ululani St., Hilo, HI 96720  
[info@n2-dance.com](mailto:info@n2-dance.com) | [www.n2-dance.com/classes.html](http://www.n2-dance.com/classes.html)  
Cost: Drop-in rates \$15/class  
\*See website for class times & package rates  
Classes: Jazz, Hip-Hop, Ballet Barre, Keiki B-Boy, Ensemble Voice

- Ages 3+

## COMMUNITY RECREATION CENTERS

**Andrew's Gym** 33 W. Kawaiiani St., Hilo, HI 96720  
(808) 959-9047 | [www.hawaiicounty.gov/pr-recreation](http://www.hawaiicounty.gov/pr-recreation)  
Hours: Mon-Thurs 12pm-8pm, Fri 7:45am-6pm \*Check website for up-to-date program schedules  
Classes/Programs: Baseball, Speed & Agility Training, Strength & Conditioning, Track & Field, Age Group Basketball, Volleyball, Zumba, Senior Badminton, Karate

**Hilo Army** 28 Shipman St., Hilo, HI 96720  
(808) 961-8734 | [www.hawaiicounty.gov/pr-recreation](http://www.hawaiicounty.gov/pr-recreation)  
Hours: Mon-Thurs 12 pm-8 pm, Fri 7:45 am-4:30 pm \*Check website for up-to-date program schedules  
Classes/Programs: Volleyball League, Billiards & Table Tennis

**Carvalho Park** 850 Waiānue Ave., Hilo, HI 96720  
(808) 961-8737 | [www.hawaiicounty.gov/pr-recreation](http://www.hawaiicounty.gov/pr-recreation)  
Hours: Mon-Thurs 12pm-8pm, Fri 7:45am-4:30pm \*Check website for up-to-date program schedules  
Classes/Programs: T-Ball, Pitch Ball, Age Group Basketball, Track & Field, Volleyball, Ping Pong, Billiards, Kupuna Softball, Pickleball, Senior Badminton, Zumba, Qigong

**Kawanakoa Gym** 156 Baker St., Hilo, HI 96720  
(808) 961-8732 | [www.hawaiicounty.gov/pr-recreation](http://www.hawaiicounty.gov/pr-recreation)  
Hours: Mon-Thurs 12pm-8pm, Fri 7:45am-6pm, Sat 9am-5pm \*Check website for up-to-date program schedules  
Classes/Programs: Billiards, Track & Field, Keaukaha Fitness, Tahitian Dance, T-Ball, Pitch Ball, Basketball



## COMMUNITY RECREATION CENTERS

### **Pana'ewa Park** 100 Oluohu St., Hilo, HI 96720

(808) 981-2646 | [www.hawaiicounty.gov/pr-recreation](http://www.hawaiicounty.gov/pr-recreation)

Hours: Mon-Thurs 12pm-8pm, Fri 7:45am-8pm, Sat/Sun 12 pm-8pm \*Check website for up-to-date program schedules

Classes/Programs: Basketball, Speed & Agility Training, Health Walk, Senior Pickleball, Zumba, Crazy Cardio

### **Pu'u'eo Community Center** 145 Wainaku St., Hilo, HI 96720

(808) 961-8738 | [www.hawaiicounty.gov/pr-recreation](http://www.hawaiicounty.gov/pr-recreation)

Hours: Mon/Wed 10am-2:30pm, Fri 7:45am-11:45am \*Check website for up-to-date program schedules

### **Waiākea Recreation Center** 1634 Kamehameha Ave., Hilo, HI 96720

(808) 961-8733 | [www.hawaiicounty.gov/pr-recreation](http://www.hawaiicounty.gov/pr-recreation)

Hours: Mon/Wed/Fri 7:45am-4:30pm, Tues/Thurs 12pm-8pm \*Check website for up-to-date program schedules

Classes/Programs: Keiki Fitness, Intermediate Archery, Morning Fitness, NRA Basic Shotgun Shooting Course, Insane Fitness, Martial Arts, Trap & Skeet Range

### **Waiākea Uka Gym** 1200 Ainaola Dr., Hilo, HI 96720

(808) 959-9474 | [www.hawaiicounty.gov/pr-recreation](http://www.hawaiicounty.gov/pr-recreation)

Hours: Mon-Thurs 12pm-8pm, Fri 7:45am-4:30pm \*Check website for up-to-date program schedules

Classes/Programs: Volleyball, Basketball, Table Tennis, Beginner Weight Training, Walking for Fitness, Plyometrics, Track & Field Training, Waiākea Uka Athletic Association

### **Wainaku Gym** 30 Aikane Loop, Hilo, HI 96720

(808) 961-8738 | [www.hawaiicounty.gov/pr-recreation](http://www.hawaiicounty.gov/pr-recreation)

Hours: Mon/Wed 2:30pm-6pm, Tues/Thurs 12pm-8pm, Fri 12:30pm-4:30pm

\*Check website for up-to-date program schedules

Classes/Programs: Basketball, Volleyball, Fitness Walk

## MORE OPTIONS

### **County of Hawaii-Elderly Activities Division** Kamana Senior Center, 127 Kamana St., Hilo, HI 96720

(808) 961-8708 | [www.hawaiicounty.gov/pr-elderly](http://www.hawaiicounty.gov/pr-elderly) \*Click "class schedules", then ERS Kamana Senior Center Class Schedule

Hours: Vary according to location

Cost: Generally \$10/class \* Best to check website for schedule & special rates to classes

Classes: Vary according to location

- Must be 55 years of age or older to participate

### **Kea'au Community Center** 16-186 Pili Mua St., Kea'au, HI 96749

(808) 966-5800 | [www.hawaiicounty.gov/pr-elderly](http://www.hawaiicounty.gov/pr-elderly) \*Click "class schedules", then ERS Kea'au Senior Center Class Schedule

Hours: Vary according to location

Cost: Generally \$10/class \* Best to check website for schedule & special rates to classes

Classes: Vary according to location

- Must be 55 years of age or older to participate

### **Pāhoa Senior Center** 15-3016 Kauhale St., Pāhoa, HI 96778

(808) 965-2705 | [www.hawaiicounty.gov/pr-elderly](http://www.hawaiicounty.gov/pr-elderly) \*Click "class schedules", then ERS Pāhoa Senior Center Class Schedule

Hours: Vary according to location

Cost: Generally \$10/class \* Best to check website for schedule & special rates to classes

Classes: Vary according to location

- Must be 55 years of age or older to participate

### **Walk With A DOC** Lili'uokalani Gardens, Hilo, HI 96720

(614) 714-0407 | [www.walkwithadoc.org/our-locations/hilo-hawaii](http://www.walkwithadoc.org/our-locations/hilo-hawaii)

Hours: Every Sunday at 8am

Cost: FREE!

- All levels



*East Hawaii* IPA