

FITNESS PRICES FOR ALL CLASSES EXCEPT AQUATIC FITNESS

(ALL passes expire on September 30, 2017)

TYPE (PASSES ARE NON-TRANSFERABLE)	Community	Students w/ID	SEPTEMBER PROMO
FITNESS PREPAID UNLIMITED	\$55.00		<p><i>Let's get fit in 2017...</i></p> <p>FREE PASSES ARE AVAILABLE FOR OUR NEW STUDENTS AT THE ONE-STOP EVENT. STUDENTS MUST SHOW CURRENT BYUH STUDENT/STUDENT DEPENDENT ID FOR DANCE STUDIO CLASSES ONLY.</p> <p><i>Ages 14+ are invited to join us. Please Kokua—no children are allowed in Dance Studio while parents are participating in class.</i></p>
FITNESS PREPAID MULTIPLE (10 CLASSES)	\$31.00	\$15.25	
FITNESS PREPAID MULTIPLE (5 CLASSES)	\$16.00	\$7.75	
FITNESS PREPAID SINGLE	\$4.25	\$2.25	
FITNESS WALK-IN @ DANCE STUDIO	\$5.00	\$5.00	
AQUATIC FITNESS PRICE PER SESSION (NOT INCLUDED IN FITNESS PASSES ABOVE. REGISTER ONLINE)			
Session 9 - 2, 6, 9, 11, 13, 16, 18, 20, 23, 25, 27 (\$66/11 classes)			

Educational Outreach

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For 2017, the first person to use their 10 pass will win a 5 pass for the rest of the month.

SEPTEMBER 2017 (Subject to Change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
FREE Fitband Fan Club Classes are in Bold and have three asterisks ***		FITNESS INSTRUCTORS Cherry (CG) Cassie (CL) Cat (CP) Edna (EO) Keiko (KJ) Mine (MU) Sina (SK) Z (ZY) Lorraine (LM) Maddie (MG) Haylee (HL) Marlee (MM)			1 5:00 AM Boot Camp (CP)	2 7:00 AM Aquatic Fitness (CP) 8:00 AM Stability Ball (ZY)
3	4 HOLIDAY- LABOR DAY	5 5:00 PM Zumba (KJ)*** 6:00 PM Yoga (CG)	6 5:00 AM Boot Camp (CP) 5:00 PM Yoga (HL) 6:00 PM Pound (EO) 6:00 PM Aquatic Fitness (CP)	7 5:00 PM Zumba (EO) 6:00 PM Yoga (CG)	8 5:00 AM Strong (EO)	9 7:00 AM Aquatic Zumba (EO) 8:00 AM Stability Ball (ZY)
10	11 5:00 AM Strong (EO) 5:00 PM Strong (EO)*** 6:00 PM Zumba (MU) 6:00 PM Aquatic Zumba (EO)	12 5:00 PM Zumba (KJ) 6:00 PM Yoga (CG)	13 5:00 AM Strong (EO) 5:00 PM Yoga (HL) 6:00 PM HIIT (MM) 6:00 PM Aquatic Zumba (EO)	14 6:00 AM HIIT (MM) 5:00 PM Zumba (EO) 6:00 PM Yoga (CG)	15 5:00 AM HIIT (MM)	16 7:00 AM Aquatic Fitness (EO) 8:00 AM Stability Ball (ZY)
17	18 5:00 AM HIIT (MM) 5:00 PM Strong (EO) 6:00 PM Zumba (MU) 6:00 PM Aquatic Zumba (EO)	19 6:00 AM HIIT (MM) 5:00 PM Zumba (KJ) 6:00 PM Yoga (CG)	20 5:00 AM Boot Camp (CP) 5:00 PM Yoga (HL) 6:00 PM Pound (EO) 6:00 PM Aquatic Fitness (CP)	21 6:00 AM HIIT (MM) 5:00 PM Zumba (SK) 6:00 PM Yoga (CG)	22 5:00 AM Boot Camp (CP)	23 7:00 AM Aquatic Fitness (CP) 8:00 AM Stability Ball (ZY)
24	25 5:00 AM Boot Camp (CP) 5:00 PM Strong (EO) 6:00 PM Zumba (MU) 6:00 PM Aquatic Fitness (CP)	26 6:00 AM HIIT (MM) 5:00 PM Zumba (KJ) 6:00 PM Yoga (CG)	27 5:00 AM Boot Camp (CP) 5:00 PM Yoga (HL) 6:00 PM Pound (EO) 6:00 PM Aquatic Fitness (CP)	28 6:00 AM HIIT (MM) 5:00 PM Zumba (SK) 6:00 PM Yoga (CG)	29 5:00 AM Boot Camp (CP)	30 GENERAL CONFERENCE 8:00 AM Stability Ball (ZY)

FITNESS DRESS CODE 1. Modest T-shirts that cover the back or midriff. Tank tops are not allowed in the Fitness Center. 2. Modest shorts above the knee, sweats, and appropriate gym clothing. 3. Modest tank tops that cover underclothing or sports bras are not exposed.