

# FITNESS PRICES FOR ALL CLASSES EXCEPT AQUATIC FITNESS

(ALL passes expire on August 31, 2017)

TYPE ( PASSES ARE NON-TRANSFERABLE)	Community	Students w/ID
FITNESS PREPAID UNLIMITED	\$55.00	
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
<b>AQUATIC FITNESS PRICE PER SESSION (NOT INCLUDED IN FITNESS PASSES ABOVE. REGISTER ONLINE)</b>		
Session 8 - 2, 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30 (\$78/13 classes)		

## AUGUST PROMO

Let's get fit in 2017...

**ALUMNI & SERVICE MISSIONARY APPRECIATION MONTH. SHOW YOUR CURRENT BYUH ID WITH ALUMNI OR MISSIONARY/VOLUNTEER STATUS TO GET IN DANCE STUDIO FITNESS CLASSES FOR FREE.**

Ages 14+ are invited to join us.  
Please Kokua—no children are allowed in Dance Studio while parents are participating in class.

### Educational Outreach

BYU--Hawaii #1963  
55-220 Kulanui Street  
Laie, HI 96762  
**PHONE (808) 675-3780**  
**FAX (808) 675-3789**  
EMAIL: outreach@byuh.edu  
WEBSITE: outreach.byuh.edu

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

## AUGUST 2017 (Subject to Change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat												
<b>FREE Fitband Fan Club Classes are in Bold and have three asterisks ***</b>		<b>1</b> 5:30 PM Zumba (KJ)	<b>2</b> 5:00 AM Boot Camp (CP) 5:30 PM Yoga (HL) <b>6:00 PM Aquatic Fitness (CP)</b>	<b>3</b> 5:00 PM Zumba (SK)	<b>4</b> 5:00 AM Boot Camp (CP)	<b>5</b> <b>7:00 AM Aquatic Fitness (CP)</b> 8:00 AM Stability Ball (ZY)												
<b>6</b>	<b>7</b> 5:00 AM Boot Camp (CP) 5:00 PM Strong (EO) 6:00 PM Zumba (MU) <b>6:00 PM Aquatic Fitness (CP)</b>	<b>8</b> <b>5:30 PM Zumba (KJ)***</b>	<b>9</b> 5:00 AM Boot Camp (CP) 5:30 PM Yoga (HL) <b>6:00 PM Aquatic Fitness (CP)</b>	<b>10</b> 5:00 PM Zumba (SK)	<b>11</b> 5:00 AM Boot Camp (CP)	<b>12</b> <b>7:00 AM Aquatic Fitness (CP)</b> 8:00 AM Stability Ball (ZY)												
<b>13</b>	<b>14</b> 5:00 AM Boot Camp (CP) <b>5:00 PM Strong (EO)***</b> 6:00 PM Zumba (MU) <b>6:00 PM Aquatic Fitness (CP)</b>	<b>15</b> 5:30 PM Zumba (KJ)	<b>16</b> 5:00 AM Boot Camp (CP) 5:30 PM Yoga (HL) <b>6:00 PM Aquatic Fitness (CP)</b>	<b>17</b> 5:00 PM Zumba (SK) 6:00 PM Yoga (CG)	<b>18</b> 5:00 AM Boot Camp (CP)	<b>19</b> <b>7:00 AM Aquatic Fitness (EO)</b> 8:00 AM Stability Ball (ZY)												
<b>20</b>	<b>21</b> 5:00 AM Boot Camp (CP) 5:00 PM Strong (EO) 6:00 PM Zumba (MU) <b>6:00 PM Aquatic Fitness (CP)</b>	<b>22</b> 5:30 PM Zumba (KJ)	<b>23</b> 5:00 AM Boot Camp (CP) 5:30 PM Yoga (HL) <b>6:00 PM Aquatic Fitness (CP)</b>	<b>24</b> 5:00 PM Zumba (SK)	<b>25</b> 5:00 AM Boot Camp (CP)	<b>26</b> <b>7:00 AM Aquatic Fitness (CP)</b> 8:00 AM Stability Ball (ZY)												
<b>27</b>	<b>28</b> 5:00 AM Boot Camp (CP) 5:00 PM Strong (EO) 6:00 PM Zumba (MU) <b>6:00 PM Aquatic Fitness (CP)</b>	<b>29</b> 5:30 PM Zumba (KJ)	<b>30</b> 5:00 AM Boot Camp (CP) <b>5:30 PM Yoga (HL)***</b> <b>6:00 PM Aquatic Fitness (EO)</b>	<b>31</b> 5:00 PM Zumba (SK) 6:00 PM Yoga (CG)	<h3 style="text-align: center; margin: 0;">FITNESS INSTRUCTORS</h3> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">Cherry (CG)</td> <td style="width: 33%;">Cassie (CL)</td> <td style="width: 33%;">Cat (CP)</td> </tr> <tr> <td>Edna (EO)</td> <td>Keiko (KJ)</td> <td>Mine (MU)</td> </tr> <tr> <td>Sina (SK)</td> <td>Z (ZY)</td> <td>Lorraine (LM)</td> </tr> <tr> <td>Maddie (MG)</td> <td>Haylee (HL)</td> <td></td> </tr> </table>		Cherry (CG)	Cassie (CL)	Cat (CP)	Edna (EO)	Keiko (KJ)	Mine (MU)	Sina (SK)	Z (ZY)	Lorraine (LM)	Maddie (MG)	Haylee (HL)	
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### 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.