

FITNESS CALENDAR FOR JANUARY 2019

These classes are hosted by BYU-Hawaii's Event Services & Outreach office. (Subject to Change)

BYU-Hawaii Event Services & Outreach: BYUH#1963, 55-220 Kulanui St., Laie HI, 96762 **Phone:** (808) 675-3780 **Email:** outreach@byuh.edu **Website:** outreach.byuh.edu/fitness
Fitness Instructors: *Cherry (CG), Cassie (CL), Cat (CP), Edna (EO), Keiko (KJ), Lorraine (LM), Marlee (MM), Mine (MU), Sina (SK), Z (ZY)*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
TO GET UPDATES FOR THESE CLASSES, JOIN OUR FACEBOOK PAGE: BYUH ES&O Fitness						
6	7 5:00 PM High Fitness (CL) 6:00 PM Body Tuning (MS)	8 5:00 PM Zumba (KJ) 6:00 PM Yoga (CG)	9 5:00 PM Zumba (EO) 6:00 PM Body Tuning (MM)	10 5:00 PM Zumba (SK) 6:00 PM Yoga (CG)	11	12 8:00 AM Stability Ball (ZY)
13	14 5:00 PM High Fitness (CL) 6:00 PM Body Tuning (MS)	15 5:00 PM Zumba (KJ) 6:00 PM Yoga (CG)	16 5:00 PM Yoga (RG) FREE 6:00 PM Body Tuning (MM)	17 5:00 PM Zumba (SK) 6:00 PM Yoga (CG)	18	19 8:00 AM Stability Ball (ZY)
20	21 Martin Luther King Jr. Day HOLIDAY	22 5:00 PM Zumba (KJ) 6:00 PM Yoga (CG)	23 5:00 PM Zumba (EO) 6:00 PM Body Tuning (MM)	24 5:00 PM Zumba (SK) 6:00 PM Yoga (CG)	25	26 8:00 AM Stability Ball (ZY)
27	28 5:00 PM High Fitness (CL) 6:00 PM Body Tuning (MS)	29 5:00 PM Zumba (KJ) 6:00 PM Yoga (CG)	30 5:00 PM Zumba (EO) 6:00 PM Body Tuning (MM)	31 5:00 PM Zumba (SK) 6:00 PM Yoga (CG)		

FITNESS PRICES FOR CLASSES IN THE DANCE STUDIO

(ALL passes expire on January 31, 2019, Classes are subject to change)

TYPE (PASSES ARE NON-TRANSFERABLE)	Community	Students w/ID
FITNESS PREPAID UNLIMITED	\$45.00	
FITNESS PREPAID MULTIPLE (10 CLASSES)	\$30.00	\$15.00
FITNESS PREPAID MULTIPLE (5 CLASSES)	\$16.00	\$8.00
FITNESS PREPAID SINGLE	\$4.00	\$2.00
FITNESS WALK-IN @ DANCE STUDIO	\$5.00	\$5.00

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

Passes may be purchased online at: outreach.byuh.edu/fitness

JANUARY PROMO

**ANYONE WHO PURCHASED
AN UNLIMITED PASS IN 2018
WILL RECEIVE A 10 PASS FOR
JANUARY FOR FREE.**



FITNESS DRESS CODE

1. Modest T-shirts that cover the back or midriff.
2. Modest shorts above the knee, sweats, and appropriate gym clothing.
3. Modest tank tops that cover underclothing or sports bras are not exposed.