

VOK Recreation Center Programs 2021*

Kickboxing Fitness (Temporarily Stopped)

Mondays & Wednesdays, 4:00pm Rec 1
Fee: \$40 per month, Ages: 8 and up
Focus on discipline, self-respect and good health while enjoying agility and cardio workouts.
Instructor Derrick Bright



LōkaHI Fitness

Dates TBD
Outdoors Rec 1
Fee: TBD
A fusion of exercise and wellness. All levels welcome.
Instructor Melanie Gonzalez



Tropic Lightning Taekwondo

Tues & Thurs, 5:00-7:00pm Rec 2
Fee: Around \$90 per month.
Martial arts with an emphasis on confidence, respect, discipline, and character development.



Kapali i ka Poli 'Ohu o nā Pali Ka'ala KPOPK Cultural Hui

Mondays & Wednesdays 5:00-8:00pm Rec 2
Fee: \$25 per month (workshops TBD)
Learn about the Hawaiian culture through language, song, dance, and Polynesian cultural exchange experiences.



Yoga Plain & Simple

Saturdays, 8:00-9:00am Rec 1
Fee: \$5 per class or \$20 per month
Increase flexibility, balance, alignment, and strength.
Bring a yoga mat, large towel & bottled water.
Instructor Harry Winfield



Zumba & Pound Fitness

Mondays & Wednesdays, 7:00-8:30pm Rec 1
Fee: \$5.00 per class
Zumba combines Latin and international music with easy-to-follow moves. Pound features lightly weighted sticks to drum your way to fitness.
Instructor Anela Jackson



The Villages of Kapolei is a private homeowners' association for members only.

www.villagesofkapolei.com
@villagesofkapoleiassociation



***These classes are on a limited participant basis due to COVID guidelines. Please check with the Recreation Dept for additional details.**