

Training & Small Group Schedule

73-5619 Kauhola St. Suite 107

Kailua-Kona, HI 96740

Starting May 2019

Membership@trunktrainers.com

(808)327-4380

TrunkTrainers.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-5:45am	5-5:45am	5-5:45am	5-5:45am	5-5:45am	5-5:45am
6-6:45am	6-6:45am	6-6:45am	6-6:45am	6-6:45am	6-6:45am
	7:30-8am in 206		7:30-8am in 206		7-7:45am Ane K
	8am-8:45am		8-8:45am		8-8:45am
9:30-10:15am		9:30-10:15am		9:30-10:15am	9:30-10:15am
11-11:45 am	11-12pm	11-11:45 am	11-12pm	11-11:45am	11-11:30am
					11:30am-12pm
1-1:45pm PM		1-1:45pm PM		1-1:45pm PM	1-1:45pm PM
3-3:45pm	3-3:45pm	3-3:45pm	3-3:45pm	3-3:45pm	
4:30pm-5:15pm		4:30pm-5:15pm		4:30pm-5:15pm	
5:30-6:15pm	5:30-6pm in 206	5:30-6:15pm	5:30-6pm in 206	5:30-6:15pm	
			5:30-6pm Ane K		

Includes full access to fitness facility.

Zumba Gold	When instructor is available, included in membership				
Gold Elefits	Senior Fitness	Included in Membership			
Youth Gymnastics	Ages 3-8	\$15+tax/Class			30 min
Intro to Weight Room	Ages 8-17	\$15+tax/Class			30 min
Finish a 5k	Walk/Run Group	\$15+tax/Class			30 min
Rones & Strans	Semi-Private	\$40+tax/Class	5nk \$175+tax		60 min
Tipping Point: Balance Training	Semi-Private	\$40+tax/Class	5pk \$175+tax		60 min
Small Group Training/Challenge	Small Group	\$242+tax/month or \$199+tax/mo membership			
Personal Training & 90 Day Lifestyle Classes	By Appointment				

Trunk Trainers Membership Option \$199+tax/mo. No join fee, no cancellation fee. 30 Days notice to cancel.