

# 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](http://TrunkTrainers.com)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-5:45am RC	5-5:45am RC	5-5:45am RC	5-5:45am RC	5-5:45am RC	
6-6:45am RC	6-6:55am in 206 RC	6-6:45am RC	6-6:55am in 206 RC	6-6:45am RC	6-6:45am RC
	7am-7:55am RC		7am-7:55am RC		
	7:30-8am in 206 SA		7:30-8am in 206 SA		
	8am-8:45am DB		8-8:45am DB		8-8:45am RC
9:30-10:15am RC		9:30-10:15am RC		9:30-10:15am RC	9:30-10:15am RC
11-11:30 am DB	11am-11:55am DB	11-11:30 am RC	11am-11:55am DB	11-11:30am WR	11:30-12pm RC
	12-12:30pm RC		12-12:30pm RC		12-12:30pm RC
1-1:45pm PM JR		1-1:45pm PM JR		1-1:45pm PM JR	1-1:45pm PM RC
3-3:45pm JR	3-3:45pm JR	3-3:45pm JR	3-3:45pm JR	3-3:45pm JR	Trainers
4:30pm-5:15pm JR	4pm-4:55pm 206 WR	4-4:55pm WR	4pm-4:55pm 206 WR	4-4:55pm WR	RC Robert Cowell
5:30-6:15pm JR	5pm-5:55pm WR	4:30pm-5:15pm JR	5pm-5:55pm WR	4:30pm-5:15pm JR	DB Danni Bean
	5:30-6pm in 206 SA	5:30-6:15pm JR	5:30-6pm in 206 SA	5:30-6:15pm JR	WR Wanda Rowan
					JR Jasmine Redou
					KW Kelsie Wehren

Includes full access to fitness facility.

Zumba Gold

When instructor is available, included in membership

Gold Elefits

Senior Fitness

Included in Membership

Small Group Training/Challenge

Small Group

3 X per Week included in membership

\$242+tax/month or \$199+tax/mo membership

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

## Semi-Private Personal Training-6 person limit

		Drop-In Rate until 7/2	Full Series 2X per Week	
Youth Gymnastics	Ages 3-8	\$15+tax/Class		30 min
				30 min
Intro to Weight Room	Ages 8-17	\$15+tax/Class	8pk \$96+tax	4 Week Series 6/6-7/2
Ropes & Straps	HIGH INTENSITY	\$40+tax/Class	8pk 240+tax	4 Week Series 6/6-7/2 55 min
Sip & Stretch	Flexibility	\$40+tax/Class	8pk 240+tax	4 Week Series 6/6-7/2 55 min
Tipping Point: Balance Training	Balance	\$40+tax/Class	8pk 240+tax	4 Week Series 6/6-7/2 55 min

Personal Training & 90 Day Lifestyle Classes

By Appointment

24 hour notice for cancellation. Pre-registration required.