

Training & Small Group Schedule

73-5619 Kauhola St. Suite 107

Kailua-Kona, HI 96740

Starting Aug 26th, 2019

Membership@trunktrainers.com

(808)327-4380

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		6-6:45am RC		6-6:45am RC	6-6:45am RC
	7:15-7:45am SA		7:15-7:45am 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	
					Trainers
11:30-12pm DB		11:30-12pm RC		11:30-12pm WR	RC Robert Cowell
					DB Danni Bean
					WR Wanda Rowan
3-3:45pm JR	3-3:45pm JR	3-3:45pm JR	3-3:45pm JR	3-3:45pm JR	JR Jasmine Redou
4:30pm-5:15pm JR		4:30pm-5:15pm JR		4:30pm-5:15pm JR	KW Kelsie Wehren
5:30-6:15pm JR		5:30-6:15pm JR		5:30-6:15pm JR	SA Sally Alapai

Includes full access to fitness facility.

Zumba Gold

When instructor is available, included in membership

Gold Elefits

Senior Fitness

3 X per Week included in membership

Small Group Training/Challenge

Small Group

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

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