

ROLL YOUR PAIN AWAY



Open to all ages. Alleviate the symptoms of common musculoskeletal ailments with the Fascianation Method of self-myofascial release. Developed by Founding Members of the Fascia Research Society, this class will enable you to understand why you have aches and pains and how to mitigate those pains with simple and effective techniques using a Fascinator Roller. Improve your flexibility, posture and circulation while learning about the largest organ system in the body...the FASCIA. Drop-ins are welcome.

Tuesday: 9:00 am-10:00 am at Rec 3
Wednesday: 7:15 pm – 8:15 pm at Rec 1

Instructor: Anthony Chrisco
Phone: 808-227-6221
Email: achrisc16@gmail.com
www.thefascinator.com

\$10 for MTA members, \$11 for non-members. Bring a yoga mat and water and wear comfortable exercise clothes. Read our incredible testimonials at: www.thefascinator.com.

CHAIR YOGA



A beginner's class suitable for all ages. Gentle movements and stretching through basic yoga poses that focus on alignment using the breath. Benefits include increased muscle tone, balance, strength and improved mood.

Update: Class on Tuesday Only

Tuesday: 8:00 am - 9:00 am at Rec 6, Room 2

Instructor: Denise Grayzell
Email: denisegrayzellyoga@gmail.com

PIYO



A low-impact high energy workout that combines the muscle-sculpting and core-firming benefits of Pilates with the strength and flexibility advantages of Yoga through dynamic, constantly flowing exercises to increase your heart rate, burn calories, lengthen & tone your muscles, increase your flexibility and make you sweat. Get stronger, longer and leaner in an enjoyable total-body fitness system designed to whip you into shape from head to toe with upbeat, mainstream music that keeps things exciting, interesting and in the zone during the workout.

Saturdays: 8:00 am – 9:00 am, Rec 6
MTA - \$5.00/class or \$20.00/5 classes
Non MTA - \$6.00/class or \$30.00/6 classes

Instructor: Dominique Rollins
Phone: 808-479-9056

Please bring your own exercise mat

GENTLE YOGA



Slow paced class focusing on breathing, basic postures and simple meditation. Open to all level especially for those who are new to Yoga.

Throughout the practice you will find balance, strength, and calmness.

Thursday: 8:15 am - 9:15 am at Rec 6, Room 2

Instructor: Ikumi Eichelberger
Email: ikumi.eichelberger@gmail.com

YOGA



Beginner to Intermediate level relaxing class. No registration necessary. Just bring a yoga mat and wear comfortable clothes. This is a gentle, stress reducing exercise for ages 16 & older.

Wednesday: 6:00 pm-7:00 pm
at Rec 6, Room 3

Instructor: Judy Kosaka
Phone: 808-627-9444
www.getfit808.com

Cost per Class: \$10 MTA Members
\$11 non-members

WELLNESS PRACTICES FOR HEALTH & HAPPINESS



"If you want to know if the pear is sweet, taste it." If you want to know which practices will make you healthier and happier, experience it. Learn how the wellness practices can transform every aspect of your life.

Thursday: 7:00 pm - 8:00 pm at Rec 6, Room 3

Instructor: Theda Murata
Phone: 808-341-2148
Email: theda.murata@gmail.com

KARATE



A traditional program that promotes self-discipline, respect for others, self-control, self-confidence, focus, and physical fitness. Open to all ages.

Mon & Wed: 5:00 pm-7:00 pm at Rec 1
Thursday: 5:00 pm-6:15 pm at Rec 3

Instructor: Richard Nelson
Contact: 808-721-0507
www.fskah.com

QIGONG & TAI CHI



This class is designed for both beginning and experienced students, and includes a variety of practices and forms for balance, flexibility, focus, strength, relaxation and enhanced breathing techniques. Students will learn Qigong Warmup, 8 Silk Brocades, Organ Cleansing/Detox, Yang style Tai Chi short forms, and Tai Chi stick & sword in an active, fun and educational environment. Adults (and children under 18 accompanied by a parent or guardian) are welcome.

Tuesday: 6:00 pm - 7:00 pm at Rec 6, Room 2
Saturday: 10:00 am-11:15 am at Rec 3

Instructor: Stuart Holloway
Phone: 808-741-3650
Email: Stuart@InnerycentreLLC.com
www.InneryCentreLLC.com

STEVENSON KENPO KARATE



Offering the following two adaptable and effective martial arts systems. Take the opportunity and participate in some classes without obligation or commitment.

(1) KAJUKENBO SELF-DEFENSE SYSTEM:

Composed of the best techniques from five different martial arts: Karate (Ka), Judo and Jujitsu (Ju), Kenpo (Ken), and Chinese Boxing (Bo), for male and female students 4 years old and over. Children will increase their motor skills, coordination, balance and agility. The program focuses on building vital skills, such as, discipline, respect, self-control, self-confidence, focusing, concentration, goal-setting and commitment. Martial arts is a great foundation builder for the future development of your child.

Youth: Tues & Thurs: 6:30 pm-7:30 pm at Rec 3
Adults: Tues & Thurs: 7:30 pm-8:30 pm at Rec 3

Practice Sessions

2nd & 4th Saturday of the month at Rec 5
Adults – 11:30 am-1:00 pm
Youth – 1:00 pm-2:30 pm
Beginner Youth – 1:30 pm-2:30 pm

(2) DYNAMIC STREET S.M.A.R.T. SELF-DEFENSE

SYSTEM:

Self-Preservation (S.) Martial Arts (M.A.) Reactionary (R.) Tactics (T.). A no frills self-defense system based on martial arts and military fighting skills used by elite forces around the world, modified for street survival. This system teaches adults simple, practical, and effective hand-to-hand self defense skills that will end a confrontation with skilled opponents in seconds. Students are taught based on if you are a civilian, security/law enforcement, or military.

Adults: Tues & Thurs: 7:30 pm-8:30 pm at Rec 3

Practice Sessions

2nd & 4th Saturday of the month at Rec 5
Adults – 11:30 am-1:00 pm
Youth – 1:00 pm-2:30 pm
Beginner Youth – 1:30 pm-2:30 pm

Instructor: Chuck Stevenson
Phone: 808-623-6399
facebook.com/StevensonKenpoKarate

HAWAIIAN KAJUKENBO ASSOCIATION



A self-defense system incorporating Karate (Ka), Judo and Jujitsu (Ju), Kenpo (Ken) and Chinese Boxing (Bo). The program focuses on vital life skills including respect, discipline, focus, concentration, and confidence for the entire family.

Little Dragons

Mon & Wed: 5:15 pm-6:00 pm at Rec 5

Youth

Mon & Wed: 6:00 pm-7:15 pm at Rec 5
Saturday: 9:00 am-10:00 am at Rec 5

Adults

Mon & Wed: 7:15 pm-9:00 pm at Rec 5
Saturday: 10:00 am-11:15 am at Rec 5

Weapons

Saturday: 8:00 am-9:00 am at Rec 5

Contact Jane Iversen

Phone: 808-626-2807 | 808-222-3860
hawaiiankajukenbo.com

JUDO



Are you interested in participating in an Olympic sport that is good for the mind, body and spirit? Mililani Judo Academy has been helping the Mililani community develop confident, respectful citizens since 1973. You will learn self defense, get a great workout, and have fun participating in a lifelong activity that the whole family can enjoy. Come join us!

Tues/Thurs - 5:00 pm-7:00 pm at Rec 1

Sensei: Richard Oshiro
Phone: 808-265-2590

ALOHA FIT FUNCTIONAL STRENGTH



Muscles are the fountain of youth and help us say yes to our next adventure. Find your strong with this low impact, building block workout that focuses on functional movements and increasing strength. Led by a Certified Personal Trainer you will learn the basics and challenge yourself in the classroom so that you can become more active and avoid potential injury. Class size limit is no more than 8 students to ensure individualized attention.

Space limited - reserve your spot in advance

Tuesday and Thursday at 9:00 am
Rec Center 6, Room 1

Instructor: Moria Nisbet
Email: moria@alohafitmililani.com
www.alohafitmililani.com

Cost: \$10 MTA Members | \$12 non-members

ALOHA FIT BATTLE ROPES & BOOTCAMP



Low impact, yet high intensity. Experience the heart pumping, team building, strength busting workout that is HITT (High Intensity Interval Training).

Led by a Certified Personal Trainer you will push yourself to the max and leave nothing behind in this interval style class. Equipment such as battle ropes, kettlebells, BOSU balls, slam balls, bands and more will also be included in this amazing sweat session.

Space limited - reserve your spot in advance

Monday, Tuesday, Thursday at 7 pm
Rec Center 1

Instructor: Moria Nisbet
Learn more at alohafitmililani.com or
moria@alohafitmililani.com

Cost: \$10 MTA Members | \$12 non-members

JAZZERCISE



Jazzercise is a pulse-pounding, beat-pumping fitness program that fuses cardio with muscle toning resistance training, stretch and cool-down. A 60-minute full-body workout for all ages and fitness levels. Get moving to a heart-thumping hot music playlist that will leave you breathless, toned and coming back for more.

Tuesday & Thursday
6:15 pm - 7:15 pm at Rec. 5

Instructor: Tammi Barboza
Phone: 808-497-4299
Email: jazzerciseleeward@gmail.com

WOMEN'S EXERCISE

A fun, low-impact, exercise workout that's great for all ages. \$3 per month for MTA Members.



Monday, Wednesday & Friday
8:00 am-9:00 am at Rec 3

Instructor: Debbie Fajardo
Call MTA at 808-623-7300

DANCE CLUB FITNESS



A fun, easy to follow high-energy exercise class with dance moves performed to the hottest hits across multiple genres including hip-hop, pop, Latin, R&B, belly dance, & much more!

Monday: 7:15 pm-8:15 pm at Rec 3

Instructor: Helena Sundberg
Phone: 386-427-8407
Email: helenarsundberg@gmail.com

ZUMBA

Combines Latin and International music with a fun and effective workout system. \$5 per class for MTA Members, \$6 for sponsored guests. Find us on Facebook at "MTA Mililani Rec Center 3 & 5 Zumba fitness classes." Classes are inexpensive and lots of fun - join the Party!



Zumba with Nisi Taylor
808-927-6730
nisajaclyn@yahoo.com
Monday at Rec 3,
9:30 am-10:30 am



Zumba with Noriko Mukk
808-348-7675
noriko.zumba@gmail.com
Wednesday at Rec 3
6:30 pm - 7:30 pm



Zumba with Yuriko Henson
808-688-8287
yurikohenson@hotmail.com
Friday at Rec 3,
9:30 am-10:30 am



Zumba with Edelynn Pagba
808-330-7728
edelynnz@gmail.com
Saturday at Rec 3
8:30 am-9:30 am

E HULA MAI! COME DANCE HULA!



Na Wahine O Ka Hula Mai Ka Pu'uwai (the women who dance from the heart) invite you to bring your hula spirit back to life and join us at Rec VI for an hour of music, dance, laughter and friendship (not to mention the exercise you've been promising yourself all year).

\$25 per month

Mondays: Rec 6 Room 1
8:30 am - 9:30 am - Beginner
9:45 am - 10:45 am - Intermediate
11:00 am - 12:00 pm - Intermediate
6:00 pm - 7:00 pm - Advanced

Feel free to call me for more info!

Instructor: Candy Pollack
Phone: 808-497-1939
Email: hulacise@gmail.com

HAWAII YOUTH CHORUS



An innovative & contemporary children's show chorus open to students in Kindergarten through 6th grade. No auditions are necessary.

Tuesday: 4:45 pm-5:45 pm at Rec 6, Room 3

For more information about HYC:
Director: Desi McKenzie
Phone: 808-623-2411
Email: hawaiiyouthchorus@yahoo.com

INDEPENDENT CONTRACTOR CLASSES

DANCE / CREATIVE MOVEMENT/BALLET



HIP HOP / CONTEMPORARY DANCE

Introduces children to two different popular, but different genres of dance using a variety of music styles and songs that are child friendly.

Tuesday: 4:00 pm-5:30 pm at Rec 3

CREATIVE MOVEMENT

Beginning level of exploration with practice of the basic dance elements and pre-ballet for ages 3 to 5. Let your child discover the beauty and joy of self-expression through dance.

Tuesday: 3:00 pm-4:00 pm at Rec 3
Friday: 3:00 pm-4:00 pm at Rec 1
Saturday: 8:30 am-9:30 am at Rec 1

BALLET

Ballet is a beautiful system of body awareness. It develops an adaptive body that can move with both strength and grace.

Ballet 1 (Ages 6 to 9)

Friday: 4:00 pm-5:00 pm at Rec 1
Saturday: 9:30 am-10:30 am at Rec 1

Ballet 2/3 (Ages 9 to teens)

Friday: 5:00 pm-6:30 pm at Rec 1
Saturday: 10:30 am-12:00 pm at Rec 1

Instructor: Laura Kunimura
Phone: 808-228-3743
Email: danceisle@aol.com
www.danceisland.net

VOLLEYBALL



Spring 2019 Volleyball Training Program

Middle School Volleyball Training Program
High-quality volleyball long-term clinic coached by highly-trained coaches.

Starts: February 4, 2019
Ends: March 27, 2019
Mondays and Thursdays: 4:00pm – 8:15pm
Rec 7 gym

For more detailed info, please email
mililaniboysvolleyball@yahoo.com

PICKLEBALL



Come check out four Pickleball Courts at Recreation Center 3.

Members may borrow pickleball paddles and balls from MTA, if available. Enjoy new friends and experience the fun of the fastest growing sport in the nation.

FREE beginners' lessons offered by Mililani Pickleball on Monday evenings at 6:00 pm and Wednesday mornings at 8:00 am.

Inclusiveness, fun and exercise are emphasized.

Beginners' Clinics

(No experience, no problem):
Monday: 6:00 pm - 7:00 pm
Wednesday: 8:00 am - 9:00 am

Open Play (Recreational)

Daily: 9:00 am - 11:30 am
M,W,Th: 5:00 pm - 9:00 pm

Advanced Play (Competitive)

Tuesday & Friday: 5:00 pm - 9:00 pm

Please RSVP with Jason Fujinaka
Phone: 808-542-8139
Email: JasonFujinaka@gmail.com

TENNIS

Get active and have fun with tennis! Players of all levels are welcome - we'll guide you through getting started with the right equipment, learning the rules of play, and playing for fun, or on a competitive level. All lessons are held at Rec 3.



Tennis with Rick Aquino
Phone: 808-486-5270
Tuesday: 3:00 pm-9:00 pm
Thursday: 3:00 pm-9:00 pm
Saturday: 9:00 am-7:00 pm



Tennis with Rich Sotelo
Email: tennisuer@gmail.com
Monday: 8:00 am - 4:00pm
Wednesday: 8:00 am - 2:30pm
Friday: 8:00 am - 3:30 pm
Sunday: 9:00 am - 9:00 pm

CLUBS & ORGANIZATIONS

MILILANI LIONS CLUB

We help where help is needed in our own communities and around the world, with unmatched integrity and energy.

Meetings are held the 2nd & 4th Wednesdays of the month at 7:15 pm at Rec 6, Room 1.
Contact: Michael Magaoy 808-428-3736

DISABLED AMERICAN VETERANS CHAPTER #4

The Disabled American Veterans helps vets get everything your sacrifices earned, while ensuring that you and your family receive the best this country has to offer.

Meetings are held on the 3rd Tuesday of the month from 7:00pm to 9:00pm at Rec 6.
Contact: Roy Brown 808-623-8884

MILILANI GARDEN CLUB

Created to promote and participate in community projects where possible, by providing education in horticulture, conservation, garden design, and the art of flower arrangement.

Meetings are held on the 3rd Thursday of the month from September through May from 9:30 am to noon at Rec 2.
Call: 808-626-9561 or 808-625-6778

VENTURE CREW BOY SCOUTS OF AMERICA

A youth development program of the Boy Scouts of America for young men and women who are 14 years of age OR 13 years of age and have completed the eighth grade and under 21 years of age. Venturing's purpose is to provide positive experiences to help young people mature and to prepare them to become responsible and caring adults, with an emphasis in adventure, leadership, personal growth, and service.

Meetings are held on the 2nd Tuesday of each month at Rec 6 in Room I, 6:45 pm- 9:00 pm (Meeting starts at 7:00 pm).
Contact: Stuart Lai 808-369-7673
Email: mililaniventurecrew@gmail.com
Begin your adventure at
www.scouting.org/venturing

BOY SCOUTS OF AMERICA

A program that builds character, trains in the responsibilities of citizenship, and develops personal fitness.

TROOP #164 - Meetings are held on Thursdays from 7:00 pm to 9:00 pm at Rec 6, Room 1.
Contact: Scoutmaster Mike Ballou 808-772-4845
Email: scoutmaster@troop164.net
www.troop164.net

TROOP #664 - Meetings are held on Fridays from 7:15 pm - 9 pm at Hanalani.
Contact: Eric Alquisa 808-561-4505
Email: scoutmaster@troop664.org

GIRL SCOUTS RAINBOW SERVICE UNIT

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

Mililani Leader's Meetings are held on the 1st Tuesday of the month from 7:00 pm to 8:00 pm at Rec 6, Room 1.
Contact: Jennifer Frisbee 808-429-6201
Email: rainbow.serviceunit612@gmail.com