

ROLL YOUR PAIN AWAY



Open to all ages. Alleviate the symptoms of common musculoskeletal ailments with the Fascination 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: achrisko16@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.

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

Instructor: Denise Grayzell
Email: denisegrayzellyoga@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

No Class 4/17 & 4/24

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

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

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

Instructor: Ikumi Eichelberger
Email: ikumi.eichelberger@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 at 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

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

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

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

Adult: 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

Tues & Thurs: 9:00 am at 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

Mon, Tues & Thurs: 7:00 pm at 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 work out 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.

Tues & Thurs: 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.



Mon, Wed & Fri:
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

Friday 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 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).

Mondays at Rec 6 Room 1

Beginner: 8:30 am - 9:30 am

Intermediate: 9:45 am - 10:45 am

Intermediate: 11:00 am - 12:00 pm

Advanced: 6:00 pm - 7:00 pm

Feel free to call me for more info!

Instructor: Candy Pollack

Phone: 808-497-1939

Email: hulacise@gmail.com

Cost: \$25 per month

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 6

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: 2:30 pm - 5:30 pm at Rec 6
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

VEHICLE FOR SALE



2005 Ford E350 Super Duty Passenger

- Automatic
- Safety good thru 06/19
- Registration good thru 10/19
- Mileage - Approximately 128,012
- Only able to drive in 2nd and 3rd
- Kelley Blue Book Value - \$1,875

Inspection date:
Saturday, April 6, 2019
12 to 12:30 pm
Rec 6 (95-1010 Konaku Street)

Bids must be received by 2:00 pm April 10, 2019 at MTA Admin Office (95-303 Kaloapau Street)

PICKLEBALL



Come check out our eight 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 some Monday / Wednesday mornings at 8:30 am.

Inclusiveness, fun and exercise are emphasized.

Beginners' Clinics

(No experience, no problem):
Mon & Wed: 8:30 am - 10:00 am
Monday: 6:00 pm - 7:15 pm

Open Play

Daily (Except Mon): 7:00 am - 11:00 am
Daily (Except Tues): 5:00 pm - 8:00 pm

Ladder Play

Monday: 8:15 am
Tuesday: 6:00 pm

For Clinic RSVP, Ladder RSVP or other questions, contact:

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 - 4:00 pm
Wednesday: 8:00 am - 2:30 pm
Friday: 8:00 am - 3:30 pm
Sunday: 9:00 am - 9:00 pm

VOLLEYBALL

SUMMER TRAINING PROGRAM

Coming soon!

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

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

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: 2nd & 4th Wednesdays of the month
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: 3rd Tuesday of the month
7:00 pm - 9:00 pm 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: 3rd Thursday of the month
September through May
9:30 am - 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: 2nd Tuesday of each month
6:45 pm - 9:00 pm at Rec 6 in Room 1
(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 - 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 - 9:00 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:
1st Tuesday of the month

7:00 pm - 8:00 pm at Rec 6, Room 1

Contact: Jennifer Frisbee 808-429-6201
Email: rainbow.serviceunit612@gmail.com



TRUST AND ESTATES FOR THE REST OF US

Wednesday • 4/11 • Rec 2 | 6:30 pm - 8:00 pm



Come find out how to secure your children's future with a simple will and how you can protect your family's finances with a simple trust. Learn the importance of having financial and medical powers of attorneys for all members of your family 18 years or older. These documents are like having fire insurance; you hope you'll never need to use it, but you should never be without it.

Hosted By: Eileen MS Nims

RSVP by Email: eileenms.jd@icloud.com

Attendance is limited to 10 people due to individualized nature of this workshop.

PORTFOLIO STRATEGIES TO HELP MANAGE RISK

Tuesday • 4/30 • Rec 2 | 6:00 pm - 8:00 pm



Are extreme market movements keeping you on the sidelines? Are you concerned about protecting your portfolio assets? Learn more about portfolio strategies that may help manage risk.

To RSVP, please call 988-8088 by 4/29

Lee Financial Group Hawaii, Inc.
3113 Olu Street, Honolulu, HI 96816

50% OFF
ALL 50th ITEMS
Available Until April 30th at Rec 3 & 7

SALE

MILILANI DISASTER PREPAREDNESS

Tuesday • 4/16 • Rec 2 | 6:30 pm - 7:30 pm



What Would Happen if a Category 4 Hurricane Hit Oahu?

Go online and search that very question and then consider the following:

1. Mililani has 'No' Disaster Preparedness Plan!
2. 'You' are on your own!
3. Expect 1-4 weeks (or more), until help arrives.
4. Mililani will be isolated, neighborhoods within Mililani will be isolated from each other due to expected debris on the roads. Transportation may be impossible, difficult at best.
5. Civil Disorder-Looting and acts of violence can be expected if no perceived plan is in place.

A Mililani Disaster Preparedness Team would help prepare our community in the event of a natural or manmade disaster until help arrives.

For more information, please go to our website www.mililanidpt.com

This is not an MTA sponsored event. It will be managed by volunteer Mililani Members.

COMPLIMENTARY WELLNESS SEMINAR

Thursday • 4/18 • Rec 2 | 6:30 pm - 9:00 pm



Join Laura Pasternak, RN this evening with her team of Wellness Advocates: Norma Tansey, Colleen Zoller,

LMT, and Sherry Howard. They have a combined 20+ years of education, experience and service for others.

Surviving Your Active Lifestyle & Fitness Goals

- Tips to stay naturally healthy in the fitness center and gym
- Motivational tips to keep you moving
- Natural ways to help with pain management
- Learn how to use a foam roller
- Learn our tools and tips to live with safer and more effective ways

Come empower yourself to lead a healthier active lifestyle for you and your family.

If you and your family desire a healthier lifestyle, then this is the topic you won't want to miss! Door prizes. Limited seating.

Please RSVP to alohahealinghawaii@gmail.com or call/text 808-216-1431.

MTA PROGRAMS

**MILILANI TOWN ASSOCIATION
SENIORS PROGRAM**



Group meets every Wednesday from 9:30 am to 11:30 am at Recreation Center 3. Mililani residents, 55 and over, with a valid MTA ID card are welcome to participate.

Activities include: game days, cultural activities, informational seminars, holiday celebrations, potlucks, pool and park days, service projects, arts & crafts and more!

WHAT'S ON THIS MONTH'S CALENDAR?

Visit the PROGRAMS & CLASSES page at: www.mililanitown.org/programs-classes/

This is a FREE program for MTA Members. To register before your first session, present your valid MTA ID at the Admin Office.



Open to children 18 months to 4 years old. Tiny Tots meet every Tues & Thurs from 8:30 am to 10:30 am at Rec 5 (unless otherwise noted). With the help of an adult, children will enjoy play time, circle time, arts & crafts, pool & park days, field trips and meeting new friends! This program offers a safe, fun and educational stepping stone to preschool.

WHAT'S ON THIS MONTH'S CALENDAR?

Visit the PROGRAMS & CLASSES page at: www.mililanitown.org/programs-classes/

ONLINE REGISTRATION IS ONGOING:

\$70 per month for MTA Members

Call 808-623-7300

to ask about observing a class before signing up.