



HOT HULA FITNESS®

NOW AT WAIKIKI BEACH WALK

HOT HULA fitness® is a fun, new and exciting dance workout. It provides a “total body workout” in 60 minutes. Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, resulting in a modern, hip fitness workout. Instruction by Pacific Region Master Trainer, Nickie Manibusan or Hawaii Master Trainer, Dani Kamakani. All ages and fitness levels will enjoy HOT HULA fitness®

COME JOIN US!

Class Days: Mondays

Time: 5-6pm

Price: \$5 (walk-ins)

FREE 1st Demonstration

REGISTRATION & INFORMATION

Nickie Manibusan

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 /hot.hula.nickie



ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE - WEATHER PERMITTING
LOCATED ON LEWERS STREET BETWEEN KALAKAUA AVENUE AND KALIA ROAD