

K O O L I N A

Beach + Sports Club

Trainer on Duty Hours

Day	Time
Tuesday	6:00am - 7:00am 8:00am - 10:00am
Wednesday	4:00pm - 6:00pm
Thursday	8:00am - 11:00am
Saturday	9:00am - 12:00pm

When you need exercise program support, assistance on proper technique or want to learn something new, see the Trainer on Duty! You can also schedule a personal training consultation with any of the trainers. Trainers are provided exclusively by Sapp Fitness. Contact Sapp Fitness for more information at 808.545.5700. www.sappfitness.net