



## Fit For Life In Kapolei

**K**apolei's lifestyle quotient just went up a notch with a review of some of the health and fitness programs in the City of Kapolei — and the list is far from exhaustive. They range from belly dancing and yoga to boxing and hockey.

### Move it and lose it

In Kapolei, you can get your body moving to better fitness and lose weight at the same time.

### Kapolei Yoga & Dance Studio

No experience necessary here, even if the classes sound challenging — like cardio/kick boxing, belly dancing, hip-hop and ballet (for children and adults), yoga and Pilates, and Zumba (the Latin-inspired dance



fitness program that's now all the rage). The popular studio will be moving to larger facilities by July. In the meantime,

you'll find it at Kapolei Parkway Shops across from Home Depot at 338 Kamokila Boulevard, #201. For information go to <http://kapoleiyogaanddancestudio.com/> or call 674-YOGA.

### Living Well Workshops

Here's where seniors (62+) can get a workout in classes designed just for them. The Living Well Workshops are hosted by 'Ilima at Leihano, the senior living community by Kisco. They offer monthly classes in hula, yoga and even Zumba at their facility at 891 Kama'aha Avenue behind the Kapolei Regional Park. For information call 674-8022.



### Stroller Strides

Every Monday, Wednesday and Friday morning at Kapolei Regional Park, you'll see a group of moms manning strollers with keiki on board as they go through a total fitness program of walking or jogging, and strength training with resistance bands and body weight. You'll get fit while your kids enjoy the outdoors. And no babysitter needed. For information, email [joni@strollerstrides.net](mailto:joni@strollerstrides.net) or call 258-0402.

### For the sport of it

Boxing, martial arts and inline hockey call for discipline, concentration and training. In Kapolei, they're not just for hard-core athletes, but for people of all levels and ages.

### Pearlside Boxing & Fitness

Male or female, young or old, you'll learn how to box and stay fit at Pearlside Boxing & Fitness. Kids as young as seven will be able to learn the sport at their Keiki Summer Boxing Program starting June 13. More seasoned boxers can join the amateur boxing program. The Kapolei gym has moved to new, expanded facilities at 2045 Lauwiliwili Street, #801 in Kapolei Business Park. Call 256-2885 for information.

### CTA Black Belt Academy

This family owned and run academy teaches the art of Taekwondo to kids (starting at age 4) and adults at their facility at 2045 Lauwiliwili Street, #206 in Kapolei Business Park. Training starts with the basics for beginners through to the 2nd Degree Black Belt for advanced students. For information go to <http://www.fishersctblackbeltacademy.com/index.html> or call 292-4759.



### Kapolei Inline Hockey Arenas

The only one of its kind in Hawaii, the air conditioned indoor inline hockey arena in Kapolei Business Park is now the place for men, women and kids to learn the sport, sharpen their skills, and compete in tournaments. Children as young as eight and under can learn how to play the sport during their summer session now underway. See more at <http://www.kihawaii.com/> or call 682-5442.



Elam Sports Oahu

### Too much pain, no gain

If you have a sports injury — or any injury, for that matter — you'll be in good hands. With your doctor's referral, you can find expert physical therapy treatment in Kapolei.

### Elam Sports Oahu

Trainers at this family-owned business can get you back into fighting form with their physical therapy, sports medicine/rehabilitation programs. The Kapolei clinic is located in the James Campbell Building at Campbell Square at 1001 Kamokila Blvd, Suite 114. For information call 674-9595 or go to <http://elamsports.com>.

### PT Hawaii

This full service physical therapy clinic can also speed up your recovery with treatments for a whole range of injuries and disabling conditions, including sports related injuries. Located at the Kapolei Medical Park at 599 Farrington Highway, #102, you can find out more at <http://pthawaii.com> or by calling 674-1142.

### Eating well

The other side of the health and fitness equation is eating well. Kapolei's first health food store will open July 2.

### Down To Earth

Kapolei residents will soon be able to stock up on organic and natural foods at the new all vegetarian Down To Earth store across from Target at Kapolei Commons. The store's deli will offer ready-to-eat hot and cold menu items including soups and salads, fresh juices and smoothies, sandwiches, main dishes and desserts. Find out more about this popular locally owned store at <http://www.downtoearth.org/>.



**These are just a few of the many ways to stay fit and healthy in Kapolei. So no excuses, please!**