

Fitness & Wellness Facilities and Trainers on Kauai



Company name	Contact	Phone/email	Website	Location
movin' on 2 wellness LLC	Rose Murtagh	(808) 346-7520 movinon2wellness@gmail.com	www.movinon2wellness.com	Lihue
Rose provides personal training, small group classes and health coaching services in a private studio. As a physical therapist and certified personal trainer, she teaches exercise with complete understanding of injury prevention & recovery. Health coaching provides information, support & guidance to help you end bad habits, develop new habits and create your healthy lifestyle.				
Sarah D. Pilates	Sarah D. Carrasco	(917) 856-5165 sarah@sarahdpilates.com	www.sarahdpilates.com	Waimea, Lihue
Offering Pilates On The Beach Mat classes at the Waimea Plantation Cottages. Also, Private Pilates sessions and small group mat classes at movin' on 2 wellness in Lihue. Sara specializes in Pilates for injury recovery, pre & post-natal women, osteoporosis, and cross-training for athletes.				
Fitbodies Personal Training LLC	Pam Kruse	(808) 635-7497 fitbod@hawaii.rr.com	www.fitbodkauai.com	Kalaheo
Private studio located in Kalaheo. Functional Strength Training, Corrective Exercise for post rehab; injury prevention, athletic performance, Triathlon, Run-Fit, sports nutrition and weight management.				
Ho`ola Fitness Center Ho`ola Lahui Hawai`i	Marla Silva, Anna Velasco	245-8933	www.hoolalahui.org	Lihue
An alternative to the run of the mill health club, the HFC provides fun, fresh classes and activities that strengthen your body, mind and spirit. Our instructors are certified, talented and just great! We offer a comfortable, friendly environment where all feel welcome!				
Jane Riley Fitness	Jane Riley	(808) 212-1451 janerileyfitness@gmail.com	www.janerileyfitness.com	Island wide & KAC
I train people of all ages and all fitness levels with all types of goals and have done so successfully for many years. I write for various newspapers and magazines about fitness and health and have had my own radio show in order to promote health, fitness and wellness to all.				
Kauai CrossFit	Jerome Hromiak	(808) 755-5446 jerome@kauaicrossfit.com	www.kauaicrossfit.com	Kapa`a, Lihue
Kauai CrossFit has two facilities providing members and visitors the absolute best in strength and conditioning facilities. Kapaa has a unique 'outdoor' location with 2,000 sq feet and an open feel with ocean views and tradewinds while Lihue location provides full functioning facility for training with 3,000 square feet. CrossFit will not only work on fitness but also work on mobility, flexibility, coordination, agility, balance while also working on conditioning and strength.				
Pilates Kauai	Michelle Thomas	(808) 639-3074 info@pilateskauai.com	www.pilateskauai.com	N Shore-Kilauea
Spectacularly beautiful, fully equipped Pilates Studio offering Private, semi-private, group reformer and Pilates Mat classes. Building Strength and Confidence for Life.				

Listing courtesy of *movin' on 2 wellness LLC* (808) 346-7520

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Company name	Contact	Phone/email	Website	Location
Pilates Plus Kauai Wellness Center	Jan Dunn	(808) 652-7551	www.pilatespluskauaiwc.com	Princeville Center

We offer Contemporary Pilates and more - yoga, foam roller classes, Franklin Method, and Dance Medicine. We have extensive rehab experience, having worked in physical therapy clinics for many years. You can go to Yelp and see reviews for us! We offer Kama'aina rates and package plans, in addition to what is posted on the website.

Poise Pilates LLC	Theresa Ouano	742-2348 theresa@kauaipoisepilates.com	www.kauaipoisepilates.com	Koloa
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Our facility provides personalized Pilates instruction on Pilates Equipment (Reformers, Cadillac, Wunda Chairs and Spine Correctors) for the groups or individuals. Our class sizes are very small (3 - person max) for group classes so that we can properly guide the students to achieve the most positive postural changes in their body alignment and simultaneously direct a diverse and interesting whole body strengthening experience. I have 14 years of experience in Pilates Method alone and have a dance, athletic and martial arts background spanning 35 years of my life.

Pu`uwai Fitness Kauai	Jodee Burris	(808) 212-4034 puuwaifitness@gmail.com	www.puuwaifitnesskauai.com	Kalaheo
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Pu'uwai Fitness Kauai offers group fitness classes, small group training, and private exercise sessions in Kalaheo. We specialize in strength training for women and offer a variety of classes including Cardio & Strength Circuit, Boot Camp, Super Sculpt & Total Core Tone, and Prenatal/Postnatal exercise.

YMCA	Tom Tannery	246-9090	www.ymcaofkauai.org	Lihue
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We build strong kids, strong families, strong communities. Olympic swimming pool, teaching pool, spa, weight room. Offering swimming lessons, aquatic classes, swim meets, lifeguard training, exercise, community health and fitness classes, community recreation. Sponsored community programs.

Weight Watchers	Romae Lenci	Weight Watchers International 1-800-651-1600 for information	www.weightwatchers.com	Lihue, Ele'ele
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We have a new program called Simple Start....we just rolled out on Dec 8, 2013. Simple Start is a straightforward do-able two-week plan, with delicious meal ideas and a great new app, to get you started losing weight and on the path to long-term success. Meeting in Ele'ele on Tuesdays at 5:30 pm at St Joseph's Church; Meeting at Kauai Medical Clinic in Lihue 12 noon on Thursdays; Meeting in Lihue at St Michael's Church at 4:30 and 6pm on Thursdays.

Tobacco Cessation	Rebecca Smith	(808) 338-0252, 651-8085 rsmith@cfs-hawaii.org		Island-wide
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Rebecca is a Tobacco Cessation Specialist. Tobacco Cessation Program provides island wide individual, group and family counseling for those who need assistance developing a quit plan and quitting tobacco.

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Au`rai Fitness	(808) 652-2206		Puhi
Boot Camp by Stacy	(808) 635-1143		Wailua
CrossFit HI	(808) 651-1413 CrossFitHI@gmail.com	www.crossfithighimpact.com	Puhi
CrossFit Poipu	(808) 652-5330	www.crossfitpoipu.com	Poipu
Fit Kauai	(808) 635-7668 summer@fitkauai.com	www.fitkauai.com	Princeville Center
Garden Isle Pilates	(808) 651-2016 gina@gardenislepilates.com (808) 651-1292 krista@gardenislepilates.com	www.gardenislepilates.com	Princeville
Iron Lotus Core Fitness	(808) 651-6349 sandi@ironlotuscorefitness.com	www.ironlotuscorefitness.com	Kapa`a
Island Gym & Fitness	335-2706 islandgymandfitnees@yahoo.com	www.islandgymkauai.com	Hanapepe
Kalaheo Yoga	(808) 652-3216 kalaheoyoga@hotmail.com	www.kalaheoyoga.com	Kalaheo
Kauai Athletic Club	245-5381, 431—4873	www.kauaiathleticclub.com	Lihue, Kapa`a
Kauai Muscle & Fitness	246-2021, 822-2021	Facebook	Lihue, Kapa`a
Yoga Hanalei	826-YOGA	www.yogahanalei.com	Hanalei