

2018 WORKSITE WELLNESS CHALLENGE: FITNESS RESOURCES LIST

Crossfit & Full Body Workouts					
Company Name	Contact	Phone	Email	Website	Location
Au'rai Fitness	Jacob Punzai	808.652.2206	None	None	Lihue
CrossFit HI	James	808.651.1413	None	www.crossfithiimpact.com	Puhi
CrossFit Poipu	Juan	702.612.8218	crossfitHI@gmail.com	www.crossfitpoipu.com	Poipu
CrossFit Poipu	Aaron Hoff	808.652.5330	crossfitHI@gmail.com	www.crossfitpoipu.com	Poipu
FitLab Kauai	Sara Folsom	808.639.5537	fitlabkauai@gmail.com	www.fitlabkauai.com	Princeville
Jungle Gym Kilauea Crossfit	Sam Noble	808.652.3215	sam@junglegym.fit	www.junglegym.fit	Kilauea
Kauai Crossfit	Mele	808.346.8530	mele@kauaicrossfit.com	www.kauaicrossfit.com	Lihue/Kapaa
Pu'uwai Fitness Kauai	Jodee Burris	808.212.4034	puuwaifitness@gmail.com	www.puuwaifitnesskauai.com	Poipu/Kalaheo

Gyms & Fitness Centers					
Ho'ola Fitness Center	Anna Velasco	808.245.8933	avelasco@hoolalihue.org	www.hoolalahui.org	Lihue
Island Gym and Fitness	David Feather & Bro Halff	808.335.2706	islandgymandfitness@yahoo.com	www.islandgymkauai.com	Hanapepe
Kauai Athletic Club	Joshua Nations & Scott McFarland	808.245.5381	None	www.kauaiathleticclub.com	Lihue/Kapaa
Kauai Muscle & Fitness	Jimmy & Alison Castillejos	808.246.2021; 808.822.2021	None	www.kauaimuscleandfitness.com	Lihue/Kapaa
Poipu Beach Athletic Club	Katie Creque	808.742.2111	info@poipuclub.com	www.poipuclub.com	Poipu

Personal Training & Private Classes					
Adapt Performance Kauai **	Jeff Nelson	808.634.0466	jeff@apkauai.com	www.apkauai.com	Kapaa
Fitness by Stacy	Stacy Ricciardi	808.635.1143	fitnessbystacy@gmail.com	None	
Fitbodies Personal Training, LLC	Pam Kruse	808.635.7497	fitbodkauai@gmail.com	www.fitbodkauai.com	Kalaheo
Kauai Pilates Coach	Carolyn Bowman	303.324.4316	None	www.pilatescoachkauai.com	Hanalei

Pilates & Yoga					
Company Name	Contact	Phone	Email	Website	Location
Bikram Yoga Kauai	Samantha Lockwood	808.823.9642	kauaibikramyoga@gmail.com	www.kauaibikramyoga.com	Kapaa
Garden Isle Pilates	Gina	808.651.2016	gardenislepilates@gmail.com	www.pilateskauai.com	Kalihawai Ridge
Kalaheo Yoga	Lisa Mcgallia	808.378.8533	info@kalaheoyoga.com	www.kalaheoyoga.com	Kalaheo
Kauai Power Yoga	Jessica	808.635.5868	info@kauaipoweryoga.com	www.kauaipoweryoga.com	Kapaa
Pilates Kauai	Michelle Thomas	808.639.3074	info@pilateskauai.com	www.pilateskauai.com	Kilauea/Princeville/ Hanalei
Poise Pilates LLC	Theresa Ouano	808.652.7670	theresa@kauaipoisepilates.com	www.kauaipoisepilates.com	Kalaheo

not all fitness resources on Kauai are listed

** Jeff said they would offer a special discount for Challenge participants