

## **Wahine Fitness 2025**

Wahine Fitness has been meeting twice a month on Wednesdays. We meet between 5 and 6:30pm. This change allowed ending early if it was only line dancing or starting at 5:30 if our other guest leaders like Jenny Urbano or Sara Tompkisson lead our small group with circuit training or Zumba-plus Tai Chi.

Due to family and health constraints, our group was blessed with a one-time session with Jenny in November. We cherish our times together whether it's two of us or six. We miss Aunties Nobu and Susie who have gone home to our Lord.

We celebrated with a "pot-blessing" with the ladies from the Hula Ministry, then took a break from Thanksgiving to New Year's Day. We will start again in January! Many thanks to our fearless leaders: Jenny Urbano, Sara Tompkisson, and Wendy Kamimura. We welcome other ladies to join or lead us as we start again, the first and third Wednesdays in the gym at 5pm.

Wendy, Jenny, and Sara