

## 2020 WORKSITE WELLNESS CHALLENGE: FITNESS RESOURCES LIST



Crossfit & Full Body Workouts					
Company Name	Contact	Phone	Email	Website	Location
Barre & Soul	Anna Bazalar	808.755.5671	<a href="mailto:anna@barrekauai.com">anna@barrekauai.com</a>	<a href="http://www.barrekauai.com">www.barrekauai.com</a>	Lihue/Kapaa
CrossFit High Impact	James Rocha	808.651.1413	<a href="mailto:crossfitHI@gmail.com">crossfitHI@gmail.com</a>	<a href="http://www.crossfithiimpact.com">www.crossfithiimpact.com</a>	Puhi
CrossFit Poipu		808.755.9143	Contact section on website	<a href="http://www.crossfitpoipu.com">www.crossfitpoipu.com</a>	Poipu
FitLab Kauai	Sara Folsom	808.639.5537	<a href="mailto:fitlabkauai@gmail.com">fitlabkauai@gmail.com</a>	<a href="http://www.fitlabkauai.com">www.fitlabkauai.com</a>	Princeville
Kauai Crossfit	Jenn	808.320.3767	<a href="mailto:mail@kauaicrossfit.com">mail@kauaicrossfit.com</a>	<a href="http://www.kauaicrossfit.com">www.kauaicrossfit.com</a>	Lihue
Playground Kauai	Ashley Parducci	808.652-8046	<a href="mailto:Theplayground808@gmail.com">Theplayground808@gmail.com</a>	<a href="http://Playground808.com">Playground808.com</a>	Kapaa
Pu'uwai Fitness Kauai	Jodee Burris	808.212.4034	<a href="mailto:puuwaifitness@gmail.com">puuwaifitness@gmail.com</a>	<a href="http://www.puuwaifitnesskauai.com">www.puuwaifitnesskauai.com</a>	Poipu/Kalaheo
Gyms & Fitness Centers					
Ho'ola Fitness Center	Anna Velasco	808.245.8933	<a href="mailto:info@hoolalahui.org">info@hoolalahui.org</a>	<a href="http://www.hoolalahui.org">www.hoolalahui.org</a>	Lihue
Island Gym and Fitness	Lea	808.977.2492, 808.335.2706	<a href="mailto:islandgymandfitness@yahoo.com">islandgymandfitness@yahoo.com</a>	<a href="http://www.islandgymkauai.com">www.islandgymkauai.com</a>	Hanapepe
Kauai Athletic Club	Joshua Nations	808.245.5381	Via Website	<a href="http://www.kauaiathleticclub.com">www.kauaiathleticclub.com</a>	Lihue/Kapaa
Kauai Muscle & Fitness	Jimmy & Alison Castillejos	808.246.2021; 808.822.2021	Social Media	Social Media	Lihue/Kapaa
Organic Functional Fitness	Sundey Allan	808.332.7000	<a href="mailto:offkauai@gmail.com">offkauai@gmail.com</a>	<a href="http://www.offkauai.com">www.offkauai.com</a>	Lawai
Poipu Beach Athletic Club	Tiffany Karlan	808.742.2111	<a href="mailto:info@poipuclub.com">info@poipuclub.com</a>	<a href="http://www.poipuclub.com">www.poipuclub.com</a>	Poipu
Personal Training & Private Classes					
Adapt Performance Kauai	Tobbie Tuttle	808.634.0466	<a href="mailto:toby@apkauai.com">toby@apkauai.com</a>	<a href="http://www.apkauai.com">www.apkauai.com</a>	Kapaa
Fitness by Stacy	Stacy Ricciardi	808.635.1143	<a href="mailto:fitnessbystacy@gmail.com">fitnessbystacy@gmail.com</a>	None	
Fitbodies Personal Training, LLC	Pam Kruse	808.635.7497	<a href="mailto:fitbodkauai@gmail.com">fitbodkauai@gmail.com</a>	<a href="http://www.fitbodkauai.com">www.fitbodkauai.com</a>	Kalaheo
Kauai Pilates Coach	Carolyn Bowman	303.324.4316	None	<a href="http://www.pilatescoachkauai.com">www.pilatescoachkauai.com</a>	Hanalei
Pilates & Yoga					
Company Name	Contact	Phone	Email	Website	Location
Bikram Yoga Kauai	Samantha Lockwood	808.823.9642	<a href="mailto:kauaibikramyoga@gmail.com">kauaibikramyoga@gmail.com</a>	<a href="http://www.kauaibikramyoga.com">www.kauaibikramyoga.com</a>	Kapaa
Garden Isle Pilates	Gina	808.651.2016	<a href="mailto:gardenislepilates@gmail.com">gardenislepilates@gmail.com</a>	<a href="http://www.pilateskauai.com">www.pilateskauai.com</a>	Kalihawai Ridge
Kalaheo Yoga	Lisa McGallia	808.378.8533	<a href="mailto:info@kalaheoyoga.com">info@kalaheoyoga.com</a>	<a href="http://www.kalaheoyoga.com">www.kalaheoyoga.com</a>	Kalaheo
Kauai Power Yoga	Jessica	808.635.5868	<a href="mailto:info@kauaipoweryoga.com">info@kauaipoweryoga.com</a>	<a href="http://www.kauaipoweryoga.com">www.kauaipoweryoga.com</a>	Kapaa
Pilates Kauai	Michelle Thomas	808.639.3074	<a href="mailto:info@pilateskauai.com">info@pilateskauai.com</a>	<a href="http://www.pilateskauai.com">www.pilateskauai.com</a>	Kilauea/Princeville/ Hanalei
Pineapple Pilates	Jennifer	808.635.5955	<a href="mailto:info@pineapplepilates.com">info@pineapplepilates.com</a>	<a href="http://www.pineapplepilateskauai.com">www.pineapplepilateskauai.com</a>	Lihue
Poise Pilates LLC	Theresa Ouano	808.652.7670	<a href="mailto:theresa@kauaipoisepilates.com">theresa@kauaipoisepilates.com</a>	<a href="http://www.kauaipoisepilates.com">www.kauaipoisepilates.com</a>	Kalaheo

\*not all fitness facilities on Kauai are listed\*

Kauai Muscle & Fitness: QR code to download to access gym 24/7

Adapt Performance: will offer a special discount for challenge participants

Kauai Crossfit: First Class is FREE for locals