

## spa moana fitness schedule

revised 8.14.06

### sunday

7am YogaAway relaxation  
8am beach boot camp  
9am flexibility training  
10:30am hydro-fit  
2pm water aerobics

### monday

7am meditation  
8am step interval  
9am YogaAway relaxation  
10:30am hydro-fit  
2pm water aerobics

### tuesday

7am YogaAway strength  
8am body conditioning  
9am pilates mat class  
10:30am hydro-fit  
2pm water aerobics

### wednesday

7am tai chi/qi gong  
8am beach boot camp  
9am YogaAway relaxation  
10:30am hydro-fit  
2pm water aerobics

### thursday

7am YogaAway strength  
8am step interval  
9am pilates mat class  
10:30am hydro-fit  
2pm water aerobics

### friday

7am YogaAway relaxation  
8am beach boot camp  
9am pilates mat class  
10:30am hydro-fit  
2pm water aerobics

### saturday

7am tai chi/qi gong  
8am body conditioning  
9am YogaAway strength  
10:30am hydro-fit  
2pm water aerobics

**beach boot camp:** Targeting the major muscle groups of the body and the three primary elements of fitness (cardio, strength, flexibility). utilizing our natural environment we have created this effective and fun workout. Get wet and sandy! Shoes are optional. \$10 resort guests, \$15 non-guests. @ athletic club

**body conditioning:** Warm up with basic step and or rhythmic movement, stretching and breathing exercises. The use of resistance tubes, dumbbells, stability balls and your own body weight against gravity conditioning the major muscle groups. A great total body workout. \$10 resort guests, \$15 non-guests. @ athletic club

**flexibility training:** Stretch your body from head to toe. This session incorporates basic stretching along with some yoga and pilates techniques. great for the runner or athlete who wants to strengthen the core and get a good stretch. \$10 resort guests, \$15 non-guests. @ athletic club

**hydro-fit:** Jump, swim and splash your way through this reduced impact workout. Begins with some aerobic movements utilizing the resistance of water to elevate your heart rate. Water buoys are used for strength training, and noodles to work the core (torso) for stability. Gentle stretching cools you down. Complimentary for resort guests, \$15 non-guests (does not include use of pool facilities). @ lahaina pool

**meditation:** . An introduction to guided meditation and breath awareness that will relax and rejuvenate your heart, mind and soul. \$10 resort guests, \$15 non-guests. @ athletic club

**pilates mat class:** Based on the "pilates method", this mat class includes movement and stretching to strengthen your core muscles using controlled motions to help improve the mind's ability to perceive and program muscle movement. \$10 resort guests, \$15 non-guests. @ athletic club

**step interval:** Basic step class combined with strength training, done with rotating cycles of step and resistance work. Includes flexibility, and core training for a well-rounded workout. \$10 resort guests, \$15 non-guests. @ athletic club

**tai chi/qi gong:** The moving meditation, an ancient form of martial arts preparation. When practiced on a regular basis, qi gong improves posture and balance, strengthens the muscular system and is believed to lower blood pressure. All levels welcome. \$10 resort guests, \$15 non-guests. @ athletic club

**water aerobics:** Come join us for some fun in the sun. This water class combines both aerobic moves and resistance training using water resistance, buoys or noodles. Designed for all levels. Complimentary for resort guests, \$15 non-guests (does not include use of pool facilities). @ lahaina pool

**Yoga classes:** Group and private classes taught by specially trained YogaAway instructors. These yoga classes address the recuperative and restorative needs of travelers. Viniyoga-based. \$18 resort guests, \$23 non-guests. Private classes available: resort guests \$100, non-guests \$105. @ athletic club

**YogaAway relaxation:** This stress reduction practice is a series of postures that will help you release stress and promote deep relaxation, day or night. \$18 resort guests, \$23 non-guests. @ athletic club

**YogaAway strength:** "The workout" is a series of postures that refresh and revitalize you, while strengthening your muscles. \$18 resort guests, \$23 non-guests. @ athletic club

**private sessions:** These one-on-one sessions, designed for your specific needs, are conducted by certified personal trainers. 24-hour notice required. \$65/hour resort guests, couples \$90/hour resort guests, \$85/hour non-guests, couples \$105/hour non-guests. Please contact spa moana at 808.667.4725 to schedule an appointment.

**7-day unlimited class memberships available:** resort guests \$75, non-guests \$110