

FITNESS CLASS SCHEDULE

Join us outdoors for physically distanced yoga and fitness classes, included in your resort fee. All classes are 40-50 minutes long and offer modifications for different fitness levels. Class sizes are limited for your safety and are available on a first-come, first-served basis. Please arrive ten minutes prior to class start-time. Guests are prohibited from joining after five minutes of start-time. Children 7 and up must be accompanied by an adult.

Private and Duet Fitness Sessions Available

Offering yoga, pilates, barre and personal training. For pricing and booking information, visit passionofmovement.com or call 808 757 2318.

County of Maui, Mask Mandate (effective January 19, 2021): Face masks must be worn at all times in public areas including during outdoor fitness and yoga classes and while exercising inside of the fitness center.

Classes are subject to change or cancellation without notice. In the case of zero attendance after 15-minutes, class may be cancelled.

MONDAY

7:15am Yoga Flow | Napili Gardens

8:15am Barre-less Barre | Halona Kai

TUESDAY

7:15am Mobility & Flexibility | Napili Gardens

8:15 Pilates | Halona Kai

WEDNESDAY

7:15am Core Power Yoga | Napili Gardens

8:15 Boot Camp (shoes required) | Halona Kai

THURSDAY

7:15am Gentle Yoga | Napili Gardens

8:15am Core & More | Halona Kai

FRIDAY

7:15am Core Power Yoga | Napili Gardens

8:15am Stretch for Flexibility | Halona Kai

SATURDAY

7:15am Yoga Flow | Napili Gardens

8:15 Barre-less Barre | Halona Kai

SUNDAY

7:15am Mobility & Flexibility | Napili Gardens

8:15am Pilates | Halona Kai

YOGA FLOW:

Fitness-based approach to vinyasa style flow. Students will focus on linking conscious breath with a mindful sequence while building strength, flexibility and concentration.

BARRE-LESS BARRE:

High energy fusion between ballet, Pilates and yoga to sculpt, lengthen and strengthen your muscles while enhancing flexibility and improving balance.

HATHA YOGA:

In this slow but transformative class, you will learn the fundamentals of proper alignment and posture while stretching and releasing tension in the body.

CORE & MORE:

Ability to engage your core is the glue that holds everything together. Work in-balance, push-pulling your own body weight with isometric contractions to strengthen your vessel.

BOOT CAMP:

Body conditioning class that utilizes a wide range of exercises to improve strength and endurance. Burn calories and enhance your all around performance.

CORE POWER YOGA:

Core-centric workout combining traditional vinyasa yoga poses with an intense core series including planks, push ups and a little touch of cardio.

MOBILITY & FLEXIBILITY:

Designed to promote better movement and improve your functional range of motion. We will focus on lengthening your muscles as well as improve your mobility.

PILATES:

Body conditioning routine that helps build flexibility and long lean muscles. Emphasis on spinal and pelvic alignment, developing a strong core, improving coordination and balance.