

Enhance your stay with one of our functional Fitness and Movement classes, facilitated by our team of resident professionals, complimentary to house guests.

Classes begin at 8:00am and can accommodate all fitness levels:

	SUNDAY	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
Halekulani	Energizing Stretch		Walking Meditation		Beach Body Fitness	
Halepuna		Core Power Hour		Restorative Yoga		Yoga Flow

## CLASS DESCRIPTIONS

### SUNDAY

**Energizing Stretch** – a brisk walk to the beach park, followed by a gentle morning stretch with a view

Meet at the Halekulani Porte Cochere

*\*Towels provided and shoes required*

### MONDAY

**Core Power Hour** – a series of exercises to engage and strengthen the core muscle groups

Meet at the Halepuna 8<sup>th</sup> Floor Garden (see Halepuna Front Desk for elevator access)

*\*Towels and mats provided*

### TUESDAY

**Walking Meditation** – mindful movements on the beach, to connect with elements of the island

Meet at the Halekulani Porte Cochere

*\*Shoes required*

### THURSDAY

**Restorative Yoga** – supported postures combined with relaxation techniques

Meet at the Halepuna 8<sup>th</sup> Floor Garden (see Halepuna Front Desk for elevator access)

*\*Towels and mats provided*

### FRIDAY

**Beach Body Fitness** – cardio and strength training on the beach

Meet at the Halekulani Porte Cochere

*\*Towels provided and shoes required*

### SATURDAY

**Yoga Flow** – steady sequence of postures to increase strength and endurance

Meet at the Halepuna 8<sup>th</sup> Floor Garden (see Halepuna Front Desk for elevator access)

*\*Towels and mats provided*

