



HALEKULANI FITNESS & MOVEMENT SCHEDULE

Enhance your stay with one of our complimentary Fitness and Movement classes, facilitated by a team of dynamic professionals.

Classes can accommodate all fitness levels.

SUNDAY	TUESDAY	THURSDAY	SATURDAY
Makai Yoga 9:15A	Oceanside Stretch 8:00A	Pono Core Power 9:15A	Rise & Shine 8:00A

CLASS DESCRIPTIONS

SUNDAY

Makai Yoga – a steady flow of postures, provided to increase strength and endurance

Meet in the Halekulani Movement Studio (maximum 10 ppl)

**Mats and Towels provided*

TUESDAY

Oceanside Stretch – muscle movements for flexibility, accompanied by the sound of waves

Meet at the Halekulani Porte Cochere

**Towels provided and shoes required*

THURSDAY

Pono Core Power – a series of movements to engage and condition the core muscles

Meet in the Halekulani Movement Studio

**Mats and Towels provided*

SATURDAY

Rise & Shine – a brisk walk to the beach park, followed by a gentle morning stretch with an ocean view

Meet at the Halekulani Porte Cochere

**Towels provided and shoes required*

SURF DEMOS

Complimentary land demonstrations offered daily from 9:30am-9:45am.

Meet at The Surf Club (Halekulani Poolside)