

# Activities at Halekulani



Moments and  
memories to treasure

## Fitness Class Descriptions and Schedule

- Ai Chi** - Subtle mindful movements, while embraced by the water (I) Poolside
- Aqua Shape** - Condition your body in our stunning orchid mosaic pool (I/II) Poolside
- Core Conditioning** - Isolated moves to awaken your core (I/II) Fitness Center
- Go with the Flow** - A gentle yoga flow with each and every breath (I/II) Fitness Center
- H.I.T. the Core** - A cardio workout with focus on core strength, finishing with a stretch (II/III) Fitness Center
- Meditation** - Practice mindful techniques to gain a sense of inner peace (by appointment only)
- Posture & Balance** - Have fun while practicing techniques to improve your physical well being (I) Fitness Center
- Tai Chi** - Enhance your body’s awareness with movements for better balance (I) Spa Terrace
- Wake-up on the Beach** - A gentle stretch with an oceanfront view (I) Spa Terrace
- Yoga Foundations** - Discover ways to enhance your quality of life through yoga (I/II/III) Fitness Center

\*Yoga mats available for in-room use, see SpaHalekulani for details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00a-8:00a Go with the Flow		7:00a-8:00a Core Conditioning	7:00a-8:00a Wake-up on the Beach		7:00a-8:00a Yoga Foundations
9:00a-10:00a H.I.T. the Core	8:30a-9:30a Aqua Shape	9:00a-10:00a Posture & Balance			8:30a-9:30a Ai Chi	
10:00a-11:00a Tai Chi						

We are pleased to offer these complimentary classes to you.  
Class levels are indicated as (I/II/III), though each will be geared to accommodate any level.  
**Personal Training** and private sessions are also available.

Aqua classes will meet Poolside in front of the **Service Desk**.  
Tai Chi and Beach classes will meet on the **Spa Terrace**.  
All other classes will meet in the **Fitness Center**.

Please arrive 5 minutes prior to class to sign in, and if necessary be directed to alternate class location.

For more information, please contact  (extension 5322)