



HI'ILANI FITNESS

A host of expert-led workouts are available every day. Fitness offerings include yoga, barre, Pilates, advanced swim, cross training, strength training and functional circuits, placing an emphasis on personalized instruction, hands-on alignment, and supportive coaching. In the fitness center, find a full range of strength and cardio equipment in a breezy indoor-outdoor environment with stunning ocean views. Certified instructors are available for one-on-one fitness assessments to create a tailored workout plan that meets your individual goals.

Weekly class calendars are available in the Hi'ilani Spa Boutique and from the Island Hosts at the Clubhouse. Private fitness training sessions are available upon request. Please contact the Spa Boutique for availability or to schedule a session. Group fitness classes are \$15 per class for Non-Members.

Hi'ilani Fitness is available to guests 16 years and older.

PERSONAL TRAINING

- One-on-One Personal Training \$100 for 1 hour session
- Semi-Private Personal Training (2-4 people) \$150 for 1 hour session
- Private Yoga Class (1-8 people) \$135 per class
- Private Pilates Session (1-2 people) \$135 per class
- Private Swim Lesson 30 minutes \$80
- Semi-Private Swim Lesson 30 minutes (1-2 people) \$100
- Private Group Swim Instruction 30 minutes \$120
- Private Swim Lesson 60 minutes \$130
- Semi-Private Swim Lesson 60 minutes (1-2 people) \$200
- Private Group Swim Instruction 60 minutes \$240
- Customized Fitness pricing available, please inquire with Hi'ilani Spa Host

HOURS

Monday
8:00 a.m. - 5:00 p.m.

Tuesday - Sunday
7:00 a.m. - 6:00 p.m.

To Schedule:
808.742.8000

Members:
memberservices@kukuiula.com

Guests:
guestservices@kukuiula.com





HI'ILANI FITNESS CLASSES

Aqua Boot Camp: Taking Power Aqua to a new level, a combination of fast-moving cardio and strength movements deliver a full-body workout.

Aqua Interval Cardio & Strength: Alternating intervals of high intensity cardio moves and strength building resistance using tubing, aqua dumbbells, noodles and more.

Aqua Tabata: This class adapts the Tabata protocol to water fitness (20 seconds intense work/10 seconds rest for 8 total repetitions = one set of Tabata's).

Barbell Training: A one-to-one or small group experience, learning (or developing) multi-joint exercises known as compound lifts. The barbell will become your closest ally. All fitness levels welcome.

Barre, Core & More: This class combines barre influenced leg work, upper body resistance exercises, and challenging core work for a great, no-impact full-body workout that will lengthen, strengthen and tone your muscles.

Cardio Circuit: Expand your breath capacity and improve your heart rate in the fitness facility with a timed interval circuit.

Core and Glutes Activation: A class focusing on all things legs and abs. Must be able to squat and lunge. Easily modified for all fitness levels.

Family Fitness: Designed for all ages so the whole family can attend. Utilizing games and circuits this class will challenge and develop capacities such as coordination, strength, balance and more.

Full-Body Strength: This self-treatment technique helps alleviate chronic pain through

a series of precise movements, designed to rebalance the nervous system regulators and boost natural healing and repair mechanisms.

Full Moon Yoga: Meet under the stars for a specialty practice that is aligned with the Lunar Cycle connecting you to the deep Hawaiian cultural moon phase practice.

Hatha Yoga: During this gentle and slower-paced class, flexibility is increased while holding poses through several breaths. All fitness levels welcome.

Kettlebells: A class focusing on functional strength training with kettlebells to work every major muscle group. Easily modified for all levels.

Pilates: Alignment, breathing and core strengthening enhances flexibility, strength and endurance. Customizable, all levels welcome.

Pilates with Props: Utilizing foam rollers, Pilates ring, resistance bands and balls to access deep muscular work engaging the core while providing stability work to strengthen the posterior chain.

Power Aqua Class: A full-body workout improves cardiovascular fitness and strength. This low-impact water workout is easy on joints.

Prana Vinyasa Flow Yoga: Integrates the alchemy of the elements and chakras steeped deeply in the traditions of India for an embodied Yoga practice that will inspire you with great music.

Reggaelates: A fusion of yoga and Pilates, this energetic class combines the best of traditional yoga poses with Pilates exercises to strengthen the core, abdominal and back muscles, and lengthen the major muscles. Not appropriate

for expecting mothers. All fitness levels are welcome.

Slow Flow Vinyasa Yoga: Aligns movement with breath for a mindful Vinyasa Yoga practice that gives each practitioner an understanding of the principles of asana and offers a mindfully paced class for all levels

Strength, Balance & Agility: A full-body workout incorporating equipment that improves body awareness, alignment and strength. Easily modified for all fitness levels.

Super Soul Sunday: Get inspired to perspire and sweat out your soul with a workout paired with motivational conversation and meditation.

Tabata Circuit: High-intensity interval training alternating extreme exercise with rest to build endurance, torch calories and strengthen the body. Highly demanding.

Yin Yoga: Held postures targeting the connective tissue of the lower back, hips and hamstrings. For beginners as well as athletes.

Yoga & Sound Healing: Rebalance your mind and body by focusing on breath, alignment, and restoring the body and mind from tension. Sound vibrations from singing bowls will be paired with relaxing asana to bring you into deep relaxation. All ability levels welcome.

Yoga Strength: A full-body workout that incorporates yoga practice with bodyweight and strength exercises to work every muscle group. Moderate to intense fitness levels required.



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