



## HI'ILANI FITNESS

A host of expert-led workouts are available every day. Fitness offerings include Yoga, barre, Pilates, swimming, 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 an indoor-outdoor setting 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 as well as in 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 \$25 per class for Non-Members.

Hi'ilani Fitness is available to individuals 16 years and older. Family friendly classes are also available. Any child under 15 years of age will need to be accompanied by an adult, 21 years or older, for the class.

### Hours of Operation

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

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

### Private Sessions

Personal Training, Swim Lessons, Pilates, Yoga, & Dance

- One-on-One Private Session 60 minutes, \$145
- Semi-Private Personal Training
  - 2-3 People \$190
  - 3+ People \$250
- Private Sound Healing 60 minutes, \$175
- Physical Therapy (Exercise Based) Initial Session 75 minutes, \$195
- Physical Therapy Session 60 minutes, \$165
- Customized pricing available, please inquire with Hi'ilani Spa Host

### Wellness Program

To help you live well at Kukui'ula, our Wellness Coordinator provides one on one consultations to help guide you to your wellness goals. This one-hour personalized exploration will address physical ailments, workouts, class recommendations based on your goals, and how we can support you on your journey. Wellness assessments are complimentary to all primary members.

### To Schedule:

808.742.3070

[spareservations@kukuiula.com](mailto:spareservations@kukuiula.com)

## HI'ILANI FITNESS CLASSES

### Yoga, Flexibility, Balance & Sound

**Deep Stretch & Foam Roller:** This class concentrates on long deep stretching, utilizing foam rollers and Theragun percussive therapy for deep tissue release.

**Healing Hatha Yoga:** Focuses on deep therapeutic activation and stretching with targeted concentration on the hips, hamstrings, back and shoulders.

**Restorative Yoga & Sound Healing:** This class utilizes various props to support deep relaxation as various instruments are played to deepen vibrational healing for the mind and body. This practice will increase flexibility effortlessly while decreasing mental stress.

**Slow Flow Yoga:** Dive deep into a creative exploration of posture which balances physical challenge with quiet calm. You will focus the mind, calm the nervous system, and open the body.

**Sound Healing Journey:** Take a journey through the magic of nature with beautiful instruments representing the elements, reminding the body of its natural harmonic state of peace, joy and love.

**Therapeutic Yoga:** Focus on strengthening the deep muscle layers and increasing flexibility. This class includes core work & deep stretches, you will move with alignment and awareness.

**Vinyasa Flow Yoga:** An active integration of breath and movement that will invigorate the body with a fluid practice leading to a peak asana and floor series of asanas.

**Yin Yoga:** Postures held for a period of time targeting the connective tissue of the lower back, hips and hamstrings, this practice will open energy lines and assist in deep sleep.

**Yin, Hatha, Restorative Yoga Fusion:** Combining aspects of all three practices you will explore both standing and floor asanas as well as support restoration and deep relaxation.

**Yin Yoga & Sound Healing:** Yin Yoga combined with vibrational sound healing to evoke deeper relaxation into the pose. Yin Yoga works to open energy lines to the organs and channels of the body based on Chinese Medicine.

**Yoga for Beginners:** Learn the foundations of the practice in a relaxed atmosphere where you can stretch and relax the body and mind in one hour.

### Core Stability

**Barre:** Achieve long and lean muscle tone with an effective total body workout focused on low impact movements that lift and tone muscles and improve strength, agility and flexibility.

**Core Conditioning:** Tap into your core. This practice identifies each of the layers of core muscles for students and conditions them. Strong practice; focus on strengthening the stabilizing muscles.

**Pilates:** This class will integrate the core principles to strengthen the midline and support the back while integrating isolation and flexibility techniques.

**Spine, Strength & Mobility:** Utilizes Pilates rings, resistance bands, light weights, and balls to access deep muscular work engaging the core while providing stability to strengthen the posterior chain.

### Strength, Cardio & Agility

**Boot Camp:** A Full body workout integrating free weights, bosu/balance and cardiovascular exercises to create a balance workout with a warm up and cool down.

**Boxing & Self Defense:** Traditional martial arts and combat sport that will use stand up striking techniques. This discipline is offered from a black belt and jiu jitsu instructor.

**Hammer Box Fitness:** Explore strength training and body building with our outdoor fitness center circuit.

**Full Body Strength Training:** This workout is designed to increase confidence lifting heavier weights.

**Lower Body Strength:** Build a stronger base with a concentration on glutes, quads and calves with a class that will include core activation and various weights and circuit props.

**Strength, Balance & Agility:** A full-body workout incorporating equipment that improves body awareness, alignment and strength.

**TRX & HIIT Interval Training:** Utilizes suspension training with your body weight to develop strength and balance as well as flexibility and core stability combined with endurance challenges.

**TRX Strength Training:** Build strength by combining suspension trainers and dumbbells to master exercises using your bodyweight, free weights, and balance.

**Upper Body Strength:** Concentrate on strengthening the back, shoulders, biceps and triceps in a class that will include core activation and various weights and circuit props.

### Water Wellness

**Aqua Boot Camp:** keeps you moving! With a combo of fast-moving cardio & strength to give you a full body workout!

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

**Aqua Fit:** A cardio inspired water workout integrating strength and toning with resistance equipment.

**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).

**Deep H2O:** A fun and challenging full-body workout that has zero impact on the joints by using a floatation belt to keep the body suspended in the water. Challenge your cardiovascular, strength, and core muscles while staying cool in the water.

**Stroke Swim Clinic:** Tone and lengthen every muscle group in the body and gain mental clarity in the regular stroke clinic. This workout emphasizes breath work in the water to help focus the mind as well as sets and targeted drills to tone muscles, elevate heart rate and build endurance.

### Seasonal Family Friendly Keiki Classes (Ages 8-16)

**Family Friendly Foam Roller & Recovery:** utilizing foam rollers and Theragun percussive therapy for deep tissue release and deep stretching practices.

**Kickboxing for Keiki & Me:** Share in a family friendly self defense class with classic boxing techniques using punching bags, gloves and sparring techniques.

**Keiki Dance:** This class combines various dance modalities including classical and contemporary that will give you a great opportunity to learn a routine and dance freestyle.

**Keiki Swim Class:** Fun in the sun with a swim class that will include techniques, games and exercises to build stamina. This class is for children who are comfortable swimming without floatation devices.

**Keiki Yoga:** Enjoy the relaxing effects of Yoga with a class that combines the playfulness of the practice with calming breath and meditation practices.

