



SUNDAY

7:00 am Morning Meditation
 8:30 am Group Cycle
 9:30 am Core Fusion
 3:00 – 5:00pm Round Robin Racquetball

MONDAY

7:00 am Beach Yoga
 7:30 am Group Cycle
 8:30 am Group Cycle
 9:30 am Grand Sculpt
 3:00 – 5:00pm Round Robin Basketball

TUESDAY

7:00 am Beach Yoga
 7:30 am Athletic Challenge
 8:30 am Group Cycle
 9:30 am U-Jam Fitness®

WEDNESDAY

7:00 am Beach Yoga
 7:30am Group Cycle
 8:30 am Group Cycle
 9:30 am Basic Barre
 3:00 – 5:00pm Round Robin Racquetball

THURSDAY

7:00 am Beach Yoga
 8:30 am Group Cycle
 9:30 am Zumba®
 3:00 – 5:00pm Round Robin Basketball

FRIDAY

7:00 am Beach Yoga
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 8:30 am Group Cycle
 9:30 am Core Fusion

SATURDAY

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All classes meet at the aerobics studio on the ground level near the spa entrance. There is an \$15 fee per person for all classes except Yoga, which are complimentary to resort guests.

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Beach Yoga (60 Minutes - Complimentary for guests of Grand Wailea)

Welcome the beautiful Maui morning with an easy and energizing Yoga session on the beach – great for beginners.

Group Cycle (50 Minutes)

Music, fun and sweat are combined for a one of a kind indoor cycling journey that you'll never forget!

Zumba® (50 Minutes)

High energy, motivating music combined with unique movement combinations to create a fun, fat burning class.

U-Jam Fitness® (50 Minutes)

Dance your way to health with this hip-hop inspired workout. Great for all ages and fitness levels.

Core Fusion (50 Minutes)

Mind-body class focused on increasing balance, core strength, flexibility and overall body awareness.

Basic Barre (50 Minutes)

Combination of ballet barre work and floor exercises using light weight to increase muscular tone and endurance.

Athletic Challenge (50 Minutes)

Fun, challenging workout combining Sports Conditioning and Circuit Training techniques.

Grand Sculpt (50 Minutes)

A muscular endurance and conditioning class, focusing on upper body exercises with a built in cardio session.

Morning Meditation

A guided meditation journey concentrated on focusing upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce stress, promote relaxation, and enhance personal growth.

Round Robin Racquetball or Basketball

All ages and experience levels welcome.

Please sign up 10 minutes prior to start of each class at the Spa Lobby Desk on the ground level.

EFFECTIVE FROM JUNE 1, 2017

Spa Grande 808.875.1234 x4949

Via text message using Virtual Concierge 808.518.4441



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