



SUNDAY

7:00 am Morning Meditation
 8:15 am Group Cycle
 9:30 am Core Fusion
 3:00 pm Round-Robin Racquetball

MONDAY

7:00 am Beach Yoga
 8:15 am Group Cycle
 9:30 am Grand Sculpt
 3:00 pm Round-Robin Basketball

TUESDAY

7:00 am Beach Yoga
 7:30 am Athletic Challenge
 8:15 am Group Cycle
 9:30 am U-Jam Fitness®

WEDNESDAY

7:00 am Beach Yoga
 8:15 am Group Cycle
 9:30 am Basic Barre
 3:00 pm Round-Robin Racquetball

THURSDAY

7:00 am Beach Yoga
 8:15 am Group Cycle
 9:30 am Zumba®
 3:00 pm Round-Robin Basketball

FRIDAY

7:00 am Beach Yoga
 8:15 am Group Cycle
 9:30 am Core Fusion

SATURDAY

7:00 am Beach Yoga
 7:30 am Athletic Challenge
 8:15 am Group Cycle
 9:15 am Tabata Bootcamp

Athletic Challenge (50 Minutes)

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

Basic Barre (50 Minutes)

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

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!

Core Fusion (50 Minutes)

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

Grand Sculpt (50 Minutes)

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

Group Cycle (50 Minutes)

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

Morning Meditation (45 Minutes)

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 (120 minutes)

All ages and experience levels welcome.

Tabata Bootcamp (50 Minutes)

High-intensity interval training for long-term calorie-burning.

U-Jam Fitness® (50 Minutes)

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

Zumba® (50 Minutes)

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

Please sign up 10-15 minutes prior to the start of each class at the **Spa Lobby Desk** on the ground level.

All classes meet at the **AEROBICS STUDIO** on the *ground level* near the Chapel-side spa entrance. Yoga is complimentary for resort guests. All other classes \$15 per person.

Spa Grande 808.875.1234 ext. 4949
 Via text message using Virtual Concierge: 808.518.4441

EFFECTIVE FROM JANUARY 1, 2018