



SUNDAY

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

MONDAY

7:00 am Beach Yoga
 8:30 am Group Cycle
 9:30 am Grand Sculpt
 1:00 pm **NEW!** Pooka Ball
 3:00 pm Round-Robin Basketball

TUESDAY

7:00 am Beach Yoga
 7:30 am Athletic Challenge
 8:30 am Group Cycle
 9:30 am **NEW!** Studio Pilates

WEDNESDAY

7:00 am Beach Yoga
 8:30 am Group Cycle
 9:30 am Barre
 1:00 pm **NEW!** Pooka Ball
 3:00 pm Round-Robin Racquetball

THURSDAY

7:00 am Beach Yoga
 8:30 am Group Cycle
 9:30 am **NEW!** Studio Pilates
 3:00 pm Round-Robin Basketball
 5:00 pm **NEW!** DanceJam

FRIDAY

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

SATURDAY

7:00 am Beach Yoga
 7:30 am Athletic Challenge
 8:30 am Group Cycle
 9:30 am Tabata Bootcamp
 5:00 pm **NEW!** DanceJam

Athletic Challenge (50 Minutes)

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

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.

DanceJam (50 Minutes)

Choreography meets of-the-moment playlists in a high-energy cardio class based upon a diverse selection of styles.

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)

Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat in a workout tailored to take you on a journey that's as challenging as it is thrilling.

Meditation (45 Minutes) *Complimentary for guests of Grand Wailea*

A journey concentrated on focusing upon a sound, object, visualization, the breath, movement, or attention itself.

Pooka Ball (120 minutes)

A fun paddle sport that combines elements of badminton, tennis & table tennis. All ages and experience levels welcome.

Round Robin Racquetball or Basketball (120 minutes)

All ages and experience levels welcome.

Studio Pilates (50 minutes)

Improve balance and coordination, keep your spine and muscles flexible, and strengthen & lengthen without adding bulk to your frame.

Tabata Bootcamp (50 Minutes)

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

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

EFFECTIVE FROM APRIL 1, 2018

Please sign up 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 & Meditation are complimentary for resort guests. All other classes \$15 per person.