

# Fitness Schedule

## Sunday

7:00 am	Morning Meditation
7:30 am	Power Flow Yoga
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
3:00 pm	Round-Robin Basketball

## Tuesday

7:00 am	Beach Yoga
7:30 am	Tabata
8:30 am	Group Cycle
9:30 am	Mat Pilates

## Wednesday

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

## Thursday

7:00 am	Beach Yoga
8:30 am	Group Cycle
9:30 am	Mat Pilates
3:00 pm	Round-Robin Basketball

## 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	Beach Bootcamp
8:30 am	Group Cycle
9:30 am	Tabata

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. Beach Yoga meets at the Chapel entrance of Wailea Beach at 6:45 am. Beach Yoga & Meditation are complimentary for resort guests. All other classes \$15.



*Spa Grande*

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### **Barre (50 minutes)**

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

### **Beach Bootcamp (50 minutes)**

Fun, challenging workout combining sports conditioning and cardio on the beach.

### **Beach Yoga (60 minutes)**

Complimentary for Grand Wailea guests.

Welcome the beautiful Maui morning with an easy and energizing Yoga session on the beach! Great for beginners! Meet at the Chapel entrance of Wailea Beach at 6:45 am.

### **Core Fit (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)**

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.

### **Mat Pilates (50 minutes)**

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

### **Meditation (30 minutes)**

Complimentary for Grand Wailea guests.

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

### **Power Flow Yoga (50 minutes)**

Vigorous and energetic yoga designed to build strength and flexibility. Previous yoga experience recommended.

### **Pranayoga Fusion (50 minutes)**

A 30 minute vinyasa style flow yoga followed by 20 minutes of pranayama breath work meditation. Breath work deepens one's yoga practice by breaking down barriers, healing the body from the inside out, and encouraging a more peaceful mind.

### **Round Robin Racquetball or Basketball (120 minutes)**

All ages and experience levels welcome.

### **Tabata (50 minutes)**

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

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