

# FITNESS & WELLNESS

Please sign up 15 minutes prior to the start of each class at the Spa Grande 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 6:45am. Beach Yoga & Meditation are complimentary for resort guests. All other classes \$15. For more information call Spa Grande ext. 4949.

## SUNDAY

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

## MONDAY

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

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

- 6:30am E Ala E (Feb. 21)
- 7:00am Beach Yoga
- 8:30am Group Cycle
- 9:30am Mat Pilates
- 3:00pm Round-Robin Basketball

## FRIDAY

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

## SATURDAY

- 7:00am Beach Yoga
- 7:30am Beach Bootcamp
- 8:30am Group Cycle
- 9:30am Tabata



### 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.

### E ALA E - SUNRISE EXPERIENCE

Thursday, February 21 at 6:30am

A rejuvenating and inspiring wellness experience as guests learn a simple Hawaiian oli (chant) and enter the ocean to release the past and all of life's stresses. Emerging from the ocean renewed, welcome the rising sun with a rousing "E Ala E" chant that creates life energy for the day ahead. Meet at Wailea Beach in front of the Seaside Chapel. Complimentary to all guests.

### 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.

### ROUND ROBIN RACQUETBALL or ROUND ROBIN BASKETBALL (120 minutes)

All ages and experience levels welcome.

### TABATA (50 minutes)

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