

MENU OF CLASSES CONT.

Spinning Indoors

The ultimate indoor cycling experience. Race through drills, hills, flats and jumps all to high energy music. Cycling shoes optional. (Pedals are SPD compatible.)

Tai Chi Chuan

An ancient Chinese practice designed to exercise body, mind and spirit.

TurboKick aka Turbo Jam

An interval based class that allows participants of any fitness level to participate and custom tailor their workout. Includes basic boxing and kick boxing moves to music.

Nature Walk

A great way to wake up the body and start the day. Take a walk with one of our positive energy instructors on a private guided tour of the resort. A leisurely form of exercise.

Swimming: Keiki Swim

A unique class that encourages children to learn proper swim techniques. Includes fun work-outs and water games. For children (*keiki*) 5 years and older.

Swimming:

Master Swim/Adult Stroke Technique

Open to all levels. Learn the fundamentals of swimming.

Swimming: Master Swim Class

Designed for intermediate to advanced swimmers. Learn how to take seconds to minutes off or your race time.

Zumba

Workout includes Latin and Caribbean traditional dance. Low impact and high energy choreographed dance aerobic workout designed to target your cardiovascular system, improve your level and pump fun through your veins. Open to all fitness levels.

CLASS PACKAGE PRICES*

- 1 Class \$15
- 3 Classes \$40
- 5 Classes \$60
- 10 Classes \$100

*Package cards expire 1 year from purchase.

SPECIAL FITNESS CLASSES

- One-on-one Fitness Class 60 MIN. \$80
- Group Fitness Class 60-80 MIN. \$250
(Up to 20 people)

A minimum \$35.00 travel fee for all Special Fitness Classes requested outside of the Mauna Lani Sports & Fitness Club. Special classes require advance notice. Please call (808) 881-7919 or (808) 885-7753 for more information and booking/cancellation policies.

*All prices are subject to Hawaii State Tax 4.166%.
Pricing and inclusions are subject to change.*

FITNESS



MAUNA LANI SPORTS & FITNESS CLUB



MAUNA LANI
RESORT

For more information please contact:

MAUNA LANI SPORTS & FITNESS CLUB

68-1365 Pauoa Road
Kohala Coast, Hawaii 96743
Phone: (808) 881-7919 or (808)-885-7753

www.maunalani.com



MAUNA LANI
RESORT

MAUNA LANI SPORTS & FITNESS CLUB

FACILITIES

- Air-conditioned workout facility
- State-of-the-art cardiovascular machines
- Weighted resistance machines
- Fitness & Aerobics Room
- Outdoor cardiovascular machines
- Weight room with free weights
- Men & Women's Locker Rooms
- Steam Baths
- 25-meter Jr. Olympic Pool (3 lanes)
- Six Tennis Courts
- Personal Training
- Selection of Fitness Classes
- Towel & Water Service
- Dumbbells, kettle bells, cable machine, Bosu balls, physio-balls, mats, spin bikes, power racks, plyometric boxes, bands and medicine balls.

HOURS OF OPERATION

- Open daily 6:00 am - 8:00 pm
(Subject to change seasonally)

GUIDELINES

- All members and guests are required to check-in at the Fitness Club Reception Desk prior to working out.
- Appropriate athletic shoes are required at all times.
- Shirts or tank tops must be worn in the Fitness Club at all times.
- Pool Area – Children must be a minimum of 10 yrs of age to use the pool area and they must be accompanied by an adult supervisor.
- Fitness Club – Children ages 10 - 15 yrs can use the Fitness Club if they are accompanied by an adult supervisor at all times. Class fees apply.

PERSONAL TRAINING

Personal training programs offer professional and focused one-on-one training that is based on the client's specific and unique needs.

A qualified personal training staff will assist you in developing a personalized plan for all of your fitness needs. Whether you wish to improve the quality of your life, shape-up, slim down, gain size, increase your strength and endurance, or just maintain your health; our trainers can help you achieve your goals every step of the way.

Benefits of Personal Training

- Focused Instruction
- Customized Training Program
- Client/Trainer Accountability
- Inspiration & Motivation

PERSONAL TRAINING FEES

- | | | |
|----------------------------|------------|-------|
| ▪ Body Composition Testing | 30 MIN. | \$30 |
| ▪ One-on-One Workout | 60 MIN. | \$80 |
| ▪ Personal Fitness Program | 60 MIN. | \$80 |
| ▪ One-on-one Fitness Class | 60 MIN. | \$80 |
| ▪ Group Fitness Classes | 60-80 MIN. | \$250 |

PERSONAL TRAINING PACKAGES

Personal Training Packages are all based on 60- minute sessions.

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|---------------|---------|-------|
| ▪ 1 Session | 60 MIN. | \$80 |
| ▪ 3 Sessions | 60 MIN. | \$225 |
| ▪ 5 Sessions | 60 MIN. | \$350 |
| ▪ 10 Sessions | 60 MIN. | \$650 |

FITNESS CLASSES

We offer a wide variety of group fitness classes. Our instructors come from all walks of life making every class unique and exciting.

MENU OF FITNESS CLASSES

Aqua Fit/Water Aerobics Stretch

Pool workout utilizing a variety of conditioning movements. Appropriate pool attire required.

Ball & Sculpt

An aerobic workout integrating weights, physio-ball and free weights. This is a full body workout.

Beachside Yoga

Experience the serene, healthful benefits of yoga without strain. Basic yoga positions build strength and flexibility. Class is accessible to all levels including beginners.

Beach Boot Camp

An outdoor cross-training session to build cardiovascular, strength and flexibility.

Hatha Yoga

A practice of all physical forms of yoga. This class Improves mental and physical health.

Iyengar Yoga

A form of Hatha Yoga with mind-body connection that helps develop focus, balance, strength & flexibility.

Kripalu Intermediate Flow Yoga

Improves strength and flexibility with connective movement that emphasizes breathe work and meditative movement. Intermediate Level.

Pilates Mat

Core conditioning based on the Joseph Pilates system designed to strengthen deep muscles, combining postural awareness, abdominal and back work & flexibility training.

Power Cut

A high rep free weight workout utilizing barbells, dumbbells and resistance tubing.