

## WELLNESS MENU

### OCTOBER 1-13, 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:00 am</b> (45-min)	HIIT* (Dominick)	Meditative Movement (Danyell)	Rise & Shine Yoga (Ana)	HIIT* (Danyell)	Barefoot Challenge (Dominick)	Coastal Circuit (Danyell)	Rise & Shine Yoga (Ana)
<b>8:00 am</b> (60-min)	Glutes & Abs (Dominick)	PIYO* (Danyell)	Flowing Yin + Skin Yoga (Elisa)	Core Power & Balance (Danyell)	Glutes & Abs (Dominick)	Gentle Yoga (Danyell)	Aqua Blast (Ana)
<b>9:15 am</b> (60-min)	Yoga & Weights* (Dominick)	Core Power & Balance (Danyell)	Bare Foot Challenge (Dominick)	Yoga & Weights* (Ana)	Chakra Flow Yoga (Dominick)	Boot Camp (Tom)	Cardio Toning (Shar)
<b>10:30 am</b> (60-min)	Gentle Yoga (Dominick)	Gentle Yoga (Danyell)	Unwind (Dominick)	Glutes & Abs (Ana)	Gentle Yoga (Dominick)	Circuit Training (Tom)	Zumba* (Shar)
<b>4:00 pm</b> (60-min)	Mantra Meditation (Ana)	Meditative Movement (Elisa)	Cardio Toning (Shar)	Physio Ball Pilates* (Ana)	Mantra Meditation (Ana)	<b>FITNESS CENTER REFRESH PROJECT</b> The Fitness Center at Spa Montage Kapalua Bay will be temporarily closed while undergoing a refresh and maintenance project. All wellness classes will take place at the outdoor Spa Lawn. (Weather permitting ;check in at spa front desk)	
<b>5:15 pm</b> (60-min)	Yoga For All Ages (Ana)	VinYin Yoga (Elisa)	Zumba* (Shar)	Sunset Yoga (Ana)	Yoga For All Ages (Ana)		

#### Scheduled Wellness Classes

Hotel Guests	\$14 per person/per class
Non-Registered Guest	\$20 per person/per class
Kapalua Club Members	\$14 per person/per <i>specialty class</i>

*\*\*Classes and Wellness Trainers are subject to change without notice. Should you have any questions, feel free to call us in advance.*

#### Specialty Classes (\*)

**Limited space available.** Guests may reserve their space 7 days in advance with a Spa Concierge. Specialty classes are reserved specially for you, so we ask that you provide us 24 hours advance notice should you need to reschedule or cancel.

To sign-up for wellness classes, please call (808) 665-8282 or dial ext. 6507 from your guest room.

**Fitness Facility Policies** | Must be 16 years of age or older. Shirts and closed-toed shoes required. No cell phones allowed.

#### Private Sessions (60 minutes)

Individual	\$100
Two People Private	\$150
Group Private (3-10 people)	\$200



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### Class Descriptions

**Aqua Blast** | Splash around with this fun filled water workout focusing on aerobic endurance, resistance training, and core conditioning. This non impact total body workout is great for all levels.

**Barefoot Challenge** | High intensity circuit style segments and balance challenges to strengthen the body from the ground up. Get in touch with your fun side with this unique combo of cardio, strength and flexibility exercises. All levels welcome.

**Boot Camp** | Structure, motivation & results driven workout to boost your fitness levels.

**Cardio Toning** | Enjoy this total body conditioning class that incorporates kickboxing moves. Set to upbeat music with mat work for added core workout.

**Chakra Flow Yoga** | Awaken an open-hearted inquisitiveness to explore a deeper stretch and awareness of self and others

**Circuit Training** | Start your day off with this one hour full body, fat burning workout. A series of circuits and strengthening exercises makes this class fun and efficient. All levels welcome.

**Coastal Circuit** | Immerse yourself in the beauty of Kapalua with this fast paced walk on the coastal trail while incorporating strengthening exercises to get a full body workout.

**Core Power & Balance** | Find your center with this yoga practice focused on alignment bringing awareness to proper breathing, posture and core support and activation

**Flowing Yin + Skin Yoga** | Yin yoga highlights the meridians of Traditional Chinese Medicine. Yin and Skin highlights these energy channels and how the health of these systems can affect our skin as we age.

**Gentle Yoga** | Guided through a series of poses that will bring you peace of mind and relaxation. Appropriate for beginners.

**Glutes & Abs** | Strengthen those trouble zones with this class focused on building lean muscle in your legs and glutes while flattening and toning your abdominal muscles.

**H.I.I.T** | This 45 minute interval workout combines cardio, strength, and core in supersets to quickly burn off those extra holiday calories and increase your metabolism to keep you go-ing this season.

**Mantra Meditation** | This carefully designed session teaches powerful techniques and sequences with easy to apply mantra meditation to improve your concentration and provide a profound sense of inner joy, peace and better health.

**Meditative Movement** | Immerse yourself in the beauty of Kapalua with this guided journey through movement and meditation along Kapalua's coastal trail.

**PIYO\*** | Build your inner strength by testing your outer strength with this Pilates and yoga inspired workout that will help get you stronger, lose weight, and increase flexibility while having fun.

**Physio Ball Pilates\*** | lengthen and strengthen your muscles, down to the deepest core, while focusing on balance and alignment in this rhythmic class.

**Rise & Shine Yoga** | Greet the day with morning classes customized for all levels. Class may take place outside—weather

**Sunset Yoga** | Evening is the perfect time to restore spinal health. This yoga class is an excellent addition for those looking to improve blood circulation, decrease stress and fatigue, and relax the mind before bed.

**Unwind** | Using foam rollers, balls and straps, this class works on the nuts and bolts of the body's foundation. Relieving stiffness, soreness and pain, this class is ideal after getting off a plane or prepping for physical activity.

**VinYin Yoga** | Practice mindfulness as you connect to your breath, hold the poses and allow your inner power to shine through with this half gentle flow, half Yin yoga.

**Yoga For All Ages** | Come one, come all to this introductory yoga class focusing on breathing and visualization techniques paired with increasing strength and flexibility (ages 5 and above welcome).

**Yoga & Weights\*** | You will strengthen and tone while sculpting major muscle groups of the body. The flow of this class will get your heart rate and metabolism moving as you tap into your inner strength.

**Zumba\*** | Dance the time away with this energetic class incorporating dance styles from around the globe.