



# HALEPUNA FITNESS & MOVEMENT SCHEDULE

Enhance your stay with one of our complimentary Fitness and Movement classes, facilitated by a team of dynamic professionals.

Classes can accommodate all fitness levels.

SUNDAY	MONDAY	WEDNESDAY	FRIDAY
Mauka Yoga 8:00A	Pono Core Power 8:00A	Yoga For You 8:00A	Beach Body Sculpt 8:00A

## CLASS DESCRIPTIONS

### SUNDAY

**Mauka Yoga** – a variety of grounding postures for strength and stability

Meet in The Garden (8<sup>th</sup> Floor)

*\*Mats and Towels provided*

### MONDAY

**Pono Core Power** – a series of movements to engage and condition the core muscles

Meet in The Garden (8<sup>th</sup> Floor)

*\*Mats and/or Towels provided*

### WEDNESDAY

**Yoga For You** – guided postures for improved endurance, balance and flexibility

Meet in The Garden (8<sup>th</sup> Floor)

*\*Mats, Props and Towels provided*

### FRIDAY

**Beach Body Sculpt** – oceanside exercises designed to strengthen and tone

Meet in the Halepuna Porte Cochere

*\*Mats and Towels provided*

