



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAT PILATES 7:30A	STRENGTH & CARDIO 7:30A	STRENGTH & CORE 7:30A	BODY SCULPT 8:30A	MAT PILATES 7:30A	OUTDOOR POWER FLOW YOGA 9:00A
BARRE METHOD 8:30A	BODY SCULPT 8:30A	DEEP STRETCH 8:30A	YOGA & MEDITATION 9:30A	BARRE METHOD 8:30A	
GENTLE HATHA YOGA 9:30A	YOGA & MEDITATION 9:30A	GENTLE HATHA YOGA 9:30A	CARDIO DANCE 10:30A	GENTLE HATHA YOGA 9:30A	
VINYASA FLOW YOGA 10:30A	CARDIO DANCE 10:30A	CIRCUIT WEIGHT TRAINING 10:30A	NICE & EASY 11:30A	AQUA TONE 10:30A	
	NICE & EASY 11:30A	AQUA TONE 11:30A	GENTLE HATHA YOGA 5:30P	CIRCUIT WEIGHT TRAINING 11:30A	SUNDAY
	GENTLE HATHA YOGA 5:30P	OUTDOOR POWER FLOW YOGA 5:00P	VINYASA FLOW YOGA 7:00P		DEEP STRETCH 1:00P
					YOGALATES 2:00P



KONA KAI CLUB

Fitness Class Descriptions

All classes are 50 minutes long.

Aqua Tone | Main Pool

This aquatic class uses water resistance and fluid movements to tone major muscle groups with minimal impact on joints.

Barre Method | Marina Boardwalk

Practice grace and strength using a fixed barre and repetitive low impact ballet inspired movements to burn fat and sculpt body. (Location may vary upon weather)

Body Sculpt | Wellness Center

This full body workout is a great way to define, build, and sculpt lean muscle by rotating cardio intervals with isolation exercises using bands, light dumbbells, and mats.

Cardio Dance | Wellness Center

Tone up and slim down in this high intensity class that will leave you feeling energized all day.

Circuit Weight Training | Fitness Center

This total body conditioning class will introduce you to our fitness equipment and help you create a weight training routine that is right for your level and ability.

Deep Stretch | Wellness Center

Restore your body and focus on the importance of stretching to allow muscles to relax and lengthen, creating less strain on the skeletal system and reducing tension throughout the body.

Yogalates | Wellness Center

This fitness routine is a blend of Pilates exercises with breath and posture of yoga.

Gentle Hatha Yoga | Wellness Center

A relaxing form of yoga to that will help relieve stress, increase flexibility while soothing body, mind, and spirit.

Mat Pilates | Wellness Center

This class is designed to strengthen and stretch, with a strong emphasis placed on precise movements originating from the core of the body.

Yoga & Meditation | Wellness Center

Become aware of how deep relaxation, breathing, intention, and imagery increases and deepens our inner peace to create rejuvenating energy.

Outdoor Power Flow Yoga | Marina Lawn

In this class you can expect to stretch, focus, sweat, and build strength while enjoying the beautiful view and fresh air. (Location may vary upon weather and events)

Strength & Cardio | Wellness Center

Ideal for men and women of any age and fitness level. This class targets all the major muscle groups with emphasis on legs and abdominals.

Vinyasa Flow Yoga | Wellness Center

An invigorating form of yoga that synchronizes conscious breath with mindful movement in a flow style class.

IMPORTANT NOTES

For Personal Training information
contact Kelly Meade
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