

CLASS DESCRIPTIONS

ABSOLUTION	The ideal express class focused on CORE stability muscles in the abdominal and low back region. Designed to tone and build strength in this key area
AQUA FIT	Using water as natural resistance, Water Aerobics will increase the heart rate and range of motion, and improve balance. This class is ideal for those with joint issues or for those who are looking to get fit in the pool.
AQUA HIIT	Refresh your workouts by blending athletic high intensity drills with the fun of water fitness. Build speed and endurance without the impact on your joints.
BARRE	Get a total body workout based on Pilates principals and ballet technique. Challenge your balance and stability on and off the barre. An upbeat way to start the day with multiple props and targeted exercises to music.
BODY DEFINITION	Utilizing the principles of strength training, Body Definition will take you through various exercises to help your body become lean and toned. You will learn exercises that can be incorporated into your own daily fitness routine. Intermediate and Advanced fitness levels
BOOT CAMP	Are you up for the challenge? You will run, hop, jump and sprint using various locations around the property as an outdoor gym. Boot camp combines core training principles including plyometrics, High Intensity Interval Training (HIIT) and strength training to burn calories throughout your day. Intermediate/Advanced fitness levels recommended.
CROSS TRAINING	Designed to enhance athletic performance or everyday activities. A power packed class covering cardio, muscular strength, toning, flexibility and postural alignment.
MAT PILATES	Flow through a series of movements designed to wake up "little muscles" in your core that will build strength and restore balance to your body.
MEDITATION & YOGA	Take time for yourself with our unique 75 minute combo class. Get strength, balance and flexibility into your life with various poses and learn breathing techniques that will calm your soul and create peace within.
PILATES PLUS	Rooted in the basic principles of pilates, Pilates Plus takes it to the next level while incorporating props to simulate the resistance found in pilates machines.
RELAXING SUNSET MEDITATION	Learn breathing techniques that will calm your soul and create peace within. The meditation will allow you to explore your quiet thoughts in a guided environment.
RELAXING SUNSET YOGA	Breathe in the fresh Maui air and unwind listening to the ocean waves during your practice. Reconnect to your surroundings and senses during a relaxing outdoor yoga class to enhance your evening.
WELLNESS WALK	Kick start your morning with an uplifting discussion followed by an invigorating coastal walk led by the resort's Energy Ambassador.
YOGA FLOW	Whether you are a beginner or a skilled practitioner, take the opportunity to learn the basics or move into variations that challenge your current practice. A perfect way to begin or end your day.
YOGA FOR HEALTHY BACK & HIPS	Long flight? Achy back? Release tight muscles and relieve back soreness through a sequence of yoga & stretches which specifically target the lower back, spine and hip areas; relieving tension, increasing circulation and creating space in the body.
YOGA FOR HEALTHY SHOULDERS & NECK	Limited range of motion in your shoulders? These specifically sequenced yoga postures and stretches will release and rebalance the structural muscles of the shoulder girdle reducing pain and enhancing range of motion
YOGA SCULPT	Enhance your Yoga experience by using (or not using) small weights to build your strength and tone your body all while enjoying a calm Yoga flow.