

MOANA ATHLETIC CLUB

FALL FITNESS CLASS SCHEDULE AND DESCRIPTIONS

Classes and use of the fitness center are complimentary for guests and are included in your resort fee. Class sizes are limited and provided on a first-come, first-served basis. Starred (***) classes require shoes. Please check in ten minutes before class start time. Guests are prohibited from joining after five minutes of start time. Children 7 and up must be accompanied by an adult for classes held on the Residence Club Lawn. Classes held in Moana Athletic Club studio are available to guests 15 years old and up. All classes offer modifications for different fitness levels. Classes subject to change. Classes subject to cancellation after 15 minutes in the case of zero attendance. Classes held on the Residence Club Lawn and at the pool are subject to weather. Classes are 45-50 minutes in length. Personal and group training available upon request - please call Morgan at 808 757 2318.

SUNDAY

7:00AM YOGA FLOW - RCL
8:15AM BARRE - MAC
9:15AM RESTORATIVE YOGA - MAC

MONDAY

7:00AM GENTLE YOGA - RCL
8:15AM BARRE - MAC
9:15AM CARDIO TONE** - MAC
10:30AM AQUA FIT - POOL

TUESDAY

7:00AM HATHA YOGA - RCL
8:15AM STEP & SCULPT** - MAC
9:15AM PILATES WITH PROPS - MAC
10:30AM AQUA FIT - POOL

WEDNESDAY

7:00AM YOGA FLOW - RCL
8:15AM BARRE - MAC
9:15AM CARDIO TONE** - MAC
10:15AM RESTORATIVE YOGA - MAC

THURSDAY

7:00AM HATHA YOGA - RCL
8:15AM STEP & SCULPT** - MAC
9:15AM PILATES WITH PROPS - MAC
10:30AM AQUA FIT - POOL

FRIDAY

7:00AM GENTLE YOGA - RCL
8:15AM BARRE - MAC
9:15AM PILATES WITH PROPS - MAC
10:15AM RESTORATIVE YOGA - MAC

SATURDAY

7:00AM HATHA YOGA - RCL
8:15AM TOTAL BODY SCULPT - MAC
9:15AM STRETCH FOR FLEXIBILITY - MAC

MAC = MOANA ATHLETIC CLUB STUDIO
RCL = RESIDENCE CLUB LAWN
**SHOES ARE REQUIRED

AQUA FIT

A low intensity, low impact workout with different movements to increase flexibility, strength, and cardiovascular fitness.

BARRE

A high energy fusion between ballet, Pilates, and yoga. Taught to fun music that is sure to make you sweat.

CARDIO TONE

Focus is on cardio while using your own body weight and incorporating free weight exercises.

GENTLE YOGA

A time to connect with the breath and body. Using pranayama to help awaken your consciousness. Allowing asana to move at an easy pace

HATHA YOGA

Gentle, healing, strength-building, breath-incorporating yoga.

PILATES WITH PROPS

Invigorating and lengthening pilates using Swiss (aka exercise) balls, fitness circles and blocks in order to achieve optimum results while focusing on healing postural principles.

RESTORATIVE YOGA

Deep relaxation and centering of your breath and body. Aligning the physical and mental by practicing stillness or gentle movement for extended periods of time.

STEP & SCULPT

A fun energizing class that gets the heart rate up, makes you smile, and utilizes aspects of circuit training and strength building.

STRETCH FOR FLEXIBILITY

Work on your flexibility while holding poses for an extended period of time.

TOTAL BODY SCULPT

A total body conditioning class that utilizes a wide range of exercises to improve strength and endurance. Burn calories, build strength and enhance your aerobic fitness in this athletic circuit class.

YOGA FLOW

A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a mindful sequence. Students will build strength, flexibility and concentration while cleansing the body and calming the mind.

YOGA SCULPT

A total body workout, Yoga Sculpt classes are set to energizing music and designed to tone and sculpt every major muscle group. Free weights are added, creating resistance and intensifying each pose.



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