

Group Exercise Schedule

Kihei 874-2844							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM		Silver Fit Lisa	SET Angie	Silver Fit Jini			
9:15 AM	Zumba Michael	Step/Tone Anne		Step/Tone Jini	Pilates Angie	SET Angie	
10:00AM							Power Yoga Michael
10:30 AM	Yoga Michael		Yoga Michael		Yoga Jini	Yoga Jini	
4:00 PM							
4:30 PM					Spin Angie		
5:00 PM	Turbo/Cardio Kick Boxing Donna	Zumba Michael	Turbo/Cardio Kick Boxing Donna	Zumba Michael			
5:30PM					Zumba Sarah		

Child Care Hours

Monday-thru- Friday
9:00 AM - 12:00 PM
4:00 PM - 7:00 PM

Saturday
8:00 AM - 12:00 PM

Sunday - Closed
Ditch the routine,
Join the party!



Gym Hours

Monday - Thursday
5:30 AM - 11:00 PM

Friday
5:30 AM - 10:00 PM

Saturday
7:00 AM - 9:00 PM

Sunday
9:00 AM - 5:00 PM



SPIN/CYCLE CLASS Indoor Cycling for all fitness levels using a stationary bike to ride to music, burns calories

and tones thighs, hips, and gluts! Approx. 45 minute class

SET Strength and endurance training. One of our most popular classes

4-STEP/ MULTI-STEP Multiply your fun in a step class featuring movement on multiple steps!

H/L (HIGH/LOW) Floor aerobics, great for endurance! Various imoact classes designed to give you cardiovascular fitness

CARDIO CHALLENGE High-Intensity, cardiovascular workout of various aerobic combinations, excellent for all levels
May incorporate the use of plyometrics to raise heart rate and strengthen lower-body muscles.

YOGA Series of poses designed for improved flexibility, body tone and mind-body relaxation.

POWER YOGA Incorporates classic yoga poses, rapid exercise movements for toning, stretching , relaxation, and meditation. A mind, body and soul experience!

TONE/BODY SCULPT Squat! Lunge! Lift those weights and work those abs. Strengthen, sculpt, and stretch your body with exercises for all major muscle groups, leaving you completely worked and invigorated for the rest of the day.

TBC (TOTAL BODY) Total-Body Conditioning. Get fit and firm in a variety class for all levels of fitness, which may combine sculpt, step or low impact.

TURBO/CARDIO KICKBOX A fun mix of kickboxing and low impact aerobics!

GROUP CYCLING Indoor Cycling for all fitness levels using a stationary bike to ride to music, burns calories and tones thighs, hips, and glutes! Approx. 45 minute class

ZUMBA Latin inspired dance fitness class, Zumba is fun, it's different and it's effective.

Free to members! Summer Special \$4 for non members.

CLASSIC YOGA All Levels



Want Better & Faster Results

Workout With A Friend!

see the front desk for a free guest pass!



Group Exercise Schedule

Lahaina 667-7474							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
8:00 AM			Step/Tone Nina	New Class Coming Soon		Cycle Emily	
9:00 AM		Body Sculpt Emily	Cycle Emily			Step JoAnna	
10:00 AM	Core Fusion Carissa	ZUMBA Anita	Core Fusion Carissa	ZUMBA Anita		Mix Level/ Yoga Joanna	
10:15 AM	Yoga Carrisa					Dance Melissa	
11:00AM	Flow Yoga Carissa		Flow Yoga Carissa				
4:00PM							
5:00 PM		Cycle/Abs Nina (60 min)					
5:15 PM	New Class Coming Soon						
5:30 PM			Pilates Megan				
6:30 PM		New Class Coming Soon					
All Classes Subject to Change/ Check out New monthly updates/More Classes Coming Soon!!!							

Child Care Hours

Mon-Fri
8:00 AM - 12:00 PM
4:00 PM - 7:00 PM

Saturday
8:00 AM - 12:00 AM
Sunday- Closed

Ditch the routine,
Join the party!



Gym Hours

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5:30 AM - 10:00 PM
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7:00 AM - 9:00 PM
Sunday
9:00 AM - 5:00 PM



ZUMBA Latin inspired dance fitness class, Zumba is fun, it's different and it's effective.
Free to members! Summer Special \$4 for non members.

STEP Low Impact, high-intensity workout packed with fat burning, body-toning exercise, stepping on & off platform.
4-STEP/ MULTI-STEP Multiply your fun in a step class featuring movement on multiple steps!
H/L (HIGH/LOW) Floor aerobics, great for endurance! Various imoact classes designed to give you cardiovascular fitness

CORE FUSION Mixed level of 1/2 ball and core strength program

CARDIO CHALLENGE High-Intensity, cardiovascular workout of various aerobic combinations, excellent for all levels
May incorporate the use of plyometrics to raise heart rate and strengthen lower-body muscles.

FLOW YOGA Vini Yoga designed for improved flexibility, body tone and mind-body relaxation.

MIX LEVEL YOGA Flow yoga for all levels from beginning to advanced.
and meditation. A mind, body and soul experience!

STRETCH & TONE (S/T) A combination of strength, toning, and deep stretches. An excellent class to improve your flexibility and mobility. This class will help with body alignment and creating smooth, long muscle lines.

TONE/BODY SCULPT Squat! Lunge! Lift those weights and work those abs. Strengthen, sculpt, and stretch your body with exercises for all major muscle groups, leaving you completely worked and invigorated for the rest of the day.

GROUP CYCLING Indoor Cycling for all fitness levels using a stationary bike to ride to music, burns calories and tones thighs, hips, and gluts! Approx. 45 minute class

CARDIO/TONE A fast paced class that combines intervals of cardio (basic step and/or floor aerobics) w/ muscle training.



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