

Hualālai Sports Club



FOUR SEASONS RESORT
Hualālai



Continue your lifestyle regime here at Hualālai, we offer our open-air strength and cardio gyms, 25-meter lap pool, half-court basketball area, fitness, yoga and Pilates Training Center. A personal lifestyle and wellness program can be created just for you with our certified Personal Trainers, Wellness and Swim Instructors.



Mind / Body / Spirit Connection

Bikram Yoga

Bikram yoga is a 26-posture yoga sequence with 2 breathing exercises, done in a heated room. Limited to 11.

Breathing Into Wellness

The Hawaiians have always known the importance of breath. Hawaii literally means “supreme life’s force that rides on the breath”. Reconnect with the energy of Hawaii through your own breath. Leave feeling calm and rejuvenated, empowered with tools to create vibrant health.

Hatha Yoga

Classic Hatha Yoga with a focus on alignment, body mechanics, breath and mindfulness. Great for beginners but all levels welcome.

Hot Vinyasa Yoga

The heaters will turn on at the start of class and warm the room as your bodies’ heat within. Vinyasa Yoga style. Limit to 7. All levels welcome.

Gentle Yoga For Relaxation

Let the beauty of the tropical landscape and ocean breezes help you relax deeply and feel refreshed. The focus is on breathing, stretching and relaxing. Great for beginners but all levels welcome.

Sunrise Hatha/Vinyasa Yoga

Welcome the morning with this blend of Hatha and Vinyasa Yoga under the Hualālai sky. Beginner to Intermediate

Vinyasa Yoga

Vinyasa means “breath-synchronized movement,” and is a series of smooth flowing movements that will move you through the power of inhaling and exhaling. All levels welcome.

Mixed Level Yoga

This class is designed for the seasoned yoga practitioner only and is contraindicated for shoulder, spine and neck issues as you will experience longer holds requiring the ability to work in an advance physical level. Intermediate to Advanced.

Yoga For Mind/Body Fitness

The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with the environment. All levels welcome.

Meditation By The Sea

Gently open your senses to the beauty of Hawaii. This 30-minute guided experience will restore breath, quiet the mind and give you access to the healing energies of the wind, sun and sea.



Strength and Core

Barre Above

Ditch the big muscle and maximum strength and go for a defining look with this Barre workout. Using 2lb, 3lb and 5lb dumbbells, a playground ball and very small movements, you put your body into a strength experience like nothing else.

Butts & Guts Interval Circuit

This is a wonderful workout with lots of great legwork & abdominal work using stations to keep you motivated and challenged.

Foam Rolling

By performing selected techniques on a foam roller, individuals will improve flexibility, function, and performance, reduce muscular and joint pain, and reduce the incidence of injury. Limited to 8.

Pilates Mat Foundations

Learn how to tune in and turn on your powerhouse muscles that are responsible for enhancing strength, flexibility, balance, posture and coordination.

Sports Pump

Full body barbell workout for anyone looking to get strong, toned and challenged. Using lighter weight and a lot of repetitions.

Cardio and Interval Training

Cycle Fit

Indoor cycling with our best! Move your mind and body using RPM and POWER as your riding tools.

Cycle Fit Circuit

Science proves that strength and power influences speed. Working on the bike for cardio/speed and then off the bike for pushups, arm, shoulder and core work in set intervals.

Interval Training Trx – Bosu

Use of the BOSU, TRX Suspension Trainer and Strength Stations, including our HIIT equipment that will challenge balance, stability and strength. Limited to 8.

Morning Walk

Start your day with a “brisk fitness walk” around the beautiful golf course and beach. (Meet at the Spa)



Water Element

Adult Swim Workout

Our instructor will put you through a 50-minute lap workout and stroke assessment. Swimmers with experience welcome.

Aqua Fitness

A fun and non-impact deep and shallow water workout using pool noodles and jog belts.

Mommy, Daddy & Me Swim

Learn how to help your child adjust in a fun & safe environment so that when they are physiologically ready, swimming will be fun! Infant to young children. Limit to 5. Private sessions are available.

Bogafit Floating Fitness

Using the floating Boga Mat, enhance balance, strength and awareness using Pilates, Yoga and athletic movements. Sunglasses, sunscreen, hat are suggested as well as the ability to get in and out of the pool. Spa Lap Pool (Limited to 5)

Pilates

Pilates Training Center

Balance Body Clinical Reformers, Cadillac, Ladder Barrel, Chair, Small equipment. (Not included in Fitness Pass)

Intro To Pilates Reformer

Introduction to basic footwork, arms and legs in straps, the importance of Pilates breathing and working in neutral spine. Limited to 4 participants.

Intermediate Pilates Reformer Change

Experience of equipment required for this group training. Each participant will have a dedicated reformer for traditional exercises and will explore various progressions, considerations of Pilates based exercises. Limited to 4 participants.

Jumpboard Pilates Workout

Full body workout on the reformer with fluid transitions, coupled with interval jumping. Limited to 4 participants

Pilates Reformer For Golf & Tennis

Increase your flexibility, mobility and stabilization to enhance your game.



Personal Training

Trained and certified through the National Academy of Sports Medicine, as well as ACSM, ACE, and AFFA our Personal Trainers share expertise in weight loss, muscle gain, post-rehabilitation, fitness competitions, and sports performance for athletes, including triathlon training.

One-On-One Training

Work one-one with one of our certified trainers who will motivate you through an effective yet safe workout. Select cardiovascular, strength, flexibility training, yoga, pilates or create a new personalized workout program.

Private Group Training

Working out with family or friends can also be a motivation when it comes to everyone's overall fitness. Whatever your level of fitness, one of our trainers can provide your group with a workout to meet everyone's needs.

Swim

Make swimming a part of your fitness program. Let our expert aquatic staff teach you to swim more effectively or just learn the basics of swimming. Private lessons will improve strokes, flexibility and endurance. All levels welcome.



General Information

Hours of Operations

6:00 a.m. to 8:00 p.m. daily

Reservations

We highly recommend booking your appointments in advance by calling (808) 325-8440 (in-house, dial 53).

To reschedule or cancel an appointment, please let us know four (4) hours in advance to avoid being charged in full. The cancellation policy for Groups is seventy-two (72) hours in advance.

Please note that services, hours and prices are subject to change with or without notification.

Minimum Age

Children under the age of fourteen (14) are not permitted in the fitness facilities.

Sports Club Courtesies

Shirts and closed toe shoes are required in strength and cardio facilities and on all cardio and strength equipment.

Programs and activities will begin and end at their scheduled times. Please be prompt when attending classes to avoid disappointment.

The Hualālai Sports Club is a cell phone free zone. Please be courteous to other guests and refrain from using cellular phones in the Sports Club.

Smoking and alcohol are prohibited in the fitness facilities.

Our Facilities

- “Open-air” strength gym
- “Open-air” cardio gym
- 25-meter outdoor lap pool
- Half-court basketball area
- Human Sport Functional Fitness Equipment
- Throw Down Rig
- Star Trac treadmills
- Precor adaptive motion trainers
- Star Trac elliptical trainers
- Star Trac upright & recumbent stationary bicycles
- StairMaster stepmills
- Peloton Bikes
- Concept II rowers
- Schwinn Carbon Blue Indoor Cycling Bikes
- Outdoor HIIT Circuit
- Sports Deck Workout Platform
- TRX Suspension Trainers

Gratuities

Gratuities in appreciation for excellent service are welcome and are at your discretion. The general recommended amount is 20% of your total service or activity fee(s).



Pricing Information

Fitness, Yoga, Swim, Pilates

Fitness Walks.....	Complimentary
(Walks depart the Spa at 7:00 am sharp. Please arrive 5 minutes early).	
Fitness Class	\$20
Fitness Class (80 minutes & up)	\$30-\$40
Fitness Class Pass (unlimited use for 5 days/10 days)	\$105/\$170
*Pilates training not included in fitness pass	
Personal Training (25/50/80 minutes)	\$70/\$110/\$155
Private Swim Lessons (25/50 minutes)	\$65/\$110
Semi-Private Personal Training (50/80 minutes)	\$135/\$190
Semi-Private Seim Lesson (25 mintes)	\$70
Semi-Private Swim Lessons (50 minutes).....	\$135
Private Pilates Reformer Training (50/80 minutes)	\$110/\$155
Semi-Private Pilates Reformer Training (50/80 minutes)	\$135/\$190
Private Yoga Training (60/80 minutes)	\$110/\$155
Semi Private Yoga Training (60/80 minutes)	\$135/\$190
Private Group Training (3 guest minimum plus \$25 each additional person).....	from \$155 per class





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