

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, 24-foot rock climbing wall, 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.



Fitness Classes and Programs

Adult Swim

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

Aqua Fitness

Using the Sports Club lap pool, you will experience a variety of deep water and shallow water exercises to give both a cardio boost and a restorative aspect to your body.

Barre Fusion

You want “barre” work? You got it! By contouring and chiseling your physique using light dumb bells, the Bender Ball™ and your own body weight, your muscles are targeted to the point of fatigue then stretched for relief.

Bikram Yoga

Bikram method hot yoga is a 26-posture yoga sequence with 2 breathing exercises, done in a heated room.

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.

Pilates Mat

The Pilates Method is based on the principals of Joseph H. Pilates. Pilates training enhances strength, flexibility, balance, posture and coordination and is suitable for a wide range of people.

Pilates Yoga

Experience the blending of core, postural and spine strengthening of Pilates with the mindfulness and flexibility poses of yoga.

Pilates Reformer Training

This training incorporates equipment including the Pilate’s reformer, wall unit, stability chair, ladder barrel and mat. It is fully equipped with Pilates apparatus and props including wall unit, reformers, barrels and chairs.



Private Group Training

We offer private, semi-private and private group training for all our fitness class offerings.

Spinning

Riding with a multi-terrain format, including hills, flat roads, bumps, jumps, interval and recovery modalities; RPM, Rate of Perceived Exertion and Heart Rate Zones will be your tools.

Strength & Flexibility

Whether it's Barre Fusion Training, Sports Pump, TRX, Pilates or yoga, we offer new innovated classes throughout the year to challenge your fitness levels.

Swim Lessons

We offer swim instruction from infants in our Mommy, Daddy and Me program to adult elite athletes.

Yoga

Hualālai's yoga program offers Bikram, Vinyasa, Yoga for Strength and Flexibility, Gentle Yoga, Pilates Yoga and Yoga Intensives. Designed to build endurance, increase flexibility, balance and awareness.

CLIMBING WALL

Family/Group Climb

Bring the whole family or a group of up to 8 friends and enjoy the fun, camaraderie and bonding that can only be shared by supporting each other.

Keiki Climb Class

A gentle and confidence building introduction to bouldering and climbing with 2 to 3 roped climbs for children ages 5 to 12.

One Person Climb

Learn by example. Personal one-on-one instruction while you climb a variety of different "routes" with your instructor.

Two Person Climb

You and a friend will enjoy a fun filled climbing experience as you challenge and support one another with the expertise of your own personal instructor.



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

Our Climbing Wall is designed for ages five (5) and older. 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
- 24-foot climbing wall
- Half-court basketball area
- Sand volleyball court
- Strength equipment
- Precor treadmills
- Precor adaptive motion trainers
- Precor elliptical trainers
- Precor upright & recumbent stationary bicycles
- Stairmaster stepmill
- Concept II rowers
- Star Trac Blade Spinners

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
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 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 Bikram Yoga Training (80 minutes)	\$155
Private Group Training (3 guest minimum plus \$25 each additional person)	from \$155 per class

Climbing Wall

Family/Group Climb (50/80/110 minutes)	\$150/\$180/\$210
Keiki Climb Class (50 minutes)	\$30
One Person Climb (25/50/80 minutes)	\$60/\$105/\$140
Two Person Climb (25/50/80 minutes)	\$70/\$125/\$170



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