

# *Hualālai Sports Club*



FOUR SEASONS RESORT  
*Hualālai*



Continue your lifestyle regime here at Hualālai. The Hualālai Sports Club offers open-air cardio and sports deck for stretching and warming up, indoor strength & cardio gyms with state-of-the-art fitness equipment. A 25-meter lap pool, private fit-studios, and a half-court basketball area. Personal lifestyle and wellness programs can be created just for you with our certified Personal Trainers, and Wellness Instructors.



## *Mind / Body / Spirit Connection*

### **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.

### **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.

### **Chakra Flow Yoga**

It focuses on balancing our subtle energy known as the Chakra centers through movement and alignment of the physical body. Following Hatha yoga and Vinyasa flow principles through a series of yoga poses, we balance, strengthen and stabilize the physical body through yoga postures to allow balancing and alignment of the subtle body. Recharge and Realign.

### **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.

### **Meditation By The Sea**

Gently open your senses to the beauty of Hawai`i. 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.

### **Candlelight Yoga**

It focuses on relaxing the mind and body, a delicious way to release and relax before bedtime or dinner. A combination of longer holds, stretching, guided meditation and breathing techniques to slow down the mind, unwind and deeply relax with gentle movements. Restore & Rest.



## *Strength and Core*

### **Butts & Guts Interval Circuit**

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

### **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.

### **Core Strength**

It brings awareness to the parts of your body that need to function in everyday life. It is designed to strengthen the core body effectively and safely so you can be free to live your life with confidence, strength and flexibility. All levels welcome.

## *Cardio and Interval Training*

### **Cardio Core Conditioning**

H.I.I.T. style using body weight, learn a comprehensive small space exercise program focusing on Cardio including Mock Jump rope, Sea Jacks and Mountain Climbers and a fun Core focus with moves named Bear Crawl, Crab and Log rolls.



## *Pilates*

### **Pilates Mat Fit**

Energize and prepare your morning with a faster pace Pilates mat class with an emphasis on stimulating all of the muscles and mind for an exciting day at Hualālai.

### **Classical Pilates Mat**

Joseph Pilates mat routine. Experience a full floor program including spinal mobility exercises like, Rollover, Jackknife, Seal and Boomerang.

## *Water Element*

### **Aqua Fitness**

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

### **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)



## *Fan Favorites*

### **Sunrise Yoga**

Welcome the morning with this blend of Hatha and Vinyasa Yoga under the Hualālai sky! Beginners - Intermediate.

### **Sunset Yoga**

What a perfect way to end your day, by enjoying the beautiful Hualālai sunset with this gentle Yoga-based practice to integrate in a component of mindful connection to nature and the present moment.

### **Ayurveda for Wellness**

Learn about Ayurveda and the foundational principles of nature, or come to ask questions and deepen your knowledge. You will receive wellness tips for greater health, gain a better understanding of your unique design, and learn how to find balance.

### **Relax Deeply**

A blend of restorative yoga, yoga nidra, and guided meditation. Designed to reduce stress, restore the nervous system, and support immunity.

### **Power Hike**

Sunrise on Maunakea and Hualālai Mountain will invigorate your spirit and views of the ocean and that will invite you to play. Elevation and terrain changes to challenge the heart and mind. Brisk pace 16-18 mph.

### **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)

### **Our Facilities**

- Open-air H.I.I.T. circuit equipment
- Open-air stretch & sports deck
- Indoor cardio & strength gym
- Private Fitness Studio
- 25-meter outdoor lap pool
- Half-court basketball area

### **Our Equipment**

- Human Sport Functional Fitness Equipment
- Star Trac treadmills
- Star Trac elliptical trainers
- Star Trac upright & recumbent stationary bicycles
- Peloton Bikes
- Schwinn Carbon Blue Indoor Cycling Bikes
- StairMaster step mills
- Nautilus Leg Press
- Nautilus Freedom Trainer
- Concept II rowers
- +BOGAFit Aqua Boards



## *General Information*

### **Hours of Operations**

6:00 a.m. to 6:00 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.

### **Pricing Information**

All fitness classes 45 minutes are \$20 per person, 80 minutes are \$30-\$40 per person.

### **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.

### **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).





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