KO OLINA

Beach + Sports Club

Schedule of Classes

Day	Class	Time	Location
Monday	Zumba	7:00 am	Tennis Pavilion
	Spinning	5:30 pm	Tennis Court 2
	Pilates	5:30 pm	Tennis Pavilion
Tuesday	Body Conditioning	7:00 am	Tennis Pavilion
	R.I.P.P.ED	5:30 pm	Tennis Pavilion
	Yoga	5:30 pm	Ulua Lagoon 4
Wednesday	Stand Up Paddle	7:00 am	Ulua Lagoon 4
	Swim Fit	8:00 am	Ulua Lagoon 4
	Beach Pilates	5:30 pm	Ulua Lagoon 4
	Hula	6:00 pm	Tennis Pavilion
Thursday	Life Fitness Circuit	7:00 am	Fitness Center
	Spinning	5:30 pm	Tennis Court 2
	Yoga	5:30 pm	Ulua Lagoon 4
	Hot Hula Fitness	6:00 pm	Tennis Pavilion
Friday	Hot Hula Fitness	7:00 am	Tennis Pavilion
	Pilates	8:30 am	Tennis Pavilion
	Zumba	5:30 pm	Tennis Pavilion
Saturday	Stand Up Paddle	7:00 am	Ulua Lagoon 4
	Yoga	8:30 am	Ulua Lagoon 4
	Family Fitness Class	9:30 am	Tennis Pavilion
Sunday	Cross Road Ohana	9:00 am	Naia Lagoon 3
	Church Service		

All classes are approximately one hour long. Members may bring guests to all classes except Life Fitness Circuit. Guests are admitted on a space available basis. Guest rate is $5.00 for all classes. Non-member rate is $10.00 for all classes except Stand Up Paddle which is $40.00. Advanced RSVP required for Stand Up Paddle and Spinning. RSVP by email to beachandsportsclub@koolina.com for Stand Up Paddle class. RSVP by email to csmyers@hawaii.rr..com for Spinning classes. Fitness Center orientations and Personal Training packages are available for new and existing members by calling the Beach Office at 808.679.3723. Refer to the Weekly Update E-Newsletter for class descriptions.

Ko Olina Beach + Sports Club · 92-107 Waipahe Place · Honolulu, HI 96707 T 808.679.3723 · F 808.679.3724 · email: BeachandSportsClub@Koolina.com

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Group Golf + Tennis Lesson Schedule

Monday	Adult Golf Skills	1:00 pm	Driving Range
Tuesday	Adult Golf Skills	1:00 pm	Driving Range
Wednesday	Adult Golf Skills	1:00 pm	Driving Range
	Tiny Tots (4.5 - 7yrs)	3:30 pm	Tennis Pavilion
	Beginner Junior (8 - 13yrs)	4:30 pm	Tennis Pavilion
	Intermediate Junior (8 – 13yrs)	5:30 pm	Tennis Pavilion
	Beginner Adult (14yrs - up) or	6:30 pm	Tennis Pavilion
	Private / Semi-Private Lessons	6:30 pm	Tennis Pavilion
Thursday	Adult Golf Skills	1:00 pm	Driving Range
Friday	Adult Golf Skills	1:00 pm	Driving Range
Saturday	Adult Golf Skills	1:00 pm	Driving Range

Tennis Seasons

Summer	2013	July 31st until September 18th	(8 sessions)
Fall	2013	October 2nd until November 20th	(8 sessions)
Winter	2013 / 14	December 4th until January 29th	(8 sessions)
Spring I	2014	February 12th until April 9th	(8 sessions)
Spring II	2014	April 23rd until June 11th	(8 sessions)
Summer	2014	June 25th until August 13th	(8 sessions)

Pricing Breakdown per session	Member	Non-Member
Adult Tennis:	$12.00	$20.00
Tiny Tots Tennis:	$8.00	$16.00
Junior Tennis:	$10.00	$18.00
Adult Golf Skills:	$20.00	$30.00
Adult Private / Semi-Private Lessons	$60.00 / $70.00	$75.00 / $85.00
Junior Private / Semi-Private Lessons	$50.00 / $60.00	$65.00 / $75.00

All tennis lessons are paid in advance at the Beach Office. Group lesson member rates are based on advance payment for an entire season. All Golf lessons are provided by the Ko Olina Golf Club so please call 808.676.5300 for reservations.

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