

K O O L I N A

Beach + Sports Club

Schedule of Classes

Day	Class	Time	Location
Monday	Zumba	7:00 am	Tennis Pavilion
	Spinning	5:30 pm	Tennis Pavilion
	Pilates	6:00 pm	Tennis Pavilion
Tuesday	Body Conditioning	7:00 am	Tennis Pavilion
	Yoga	6:00 pm	Tennis Pavilion
	Spinning	5:00 pm	Tennis Pavilion
Wednesday	Stand Up Paddle	7:00 am	Ulua Lagoon 4
	Swim Fit	8:00 am	Ulua Lagoon 4
	R.I.P.P.E.D	5:00 pm	Ulua Lagoon 4
	Hot Hula Fitness	6:00 pm	Tennis Pavilion
Thursday	Life Fitness Circuit	7:00 am	Fitness Center
	Spinning	5:30 pm	Fitness Center
	Hula	6:30 pm	Tennis Pavilion
Friday	Pilates	9:00 am	Tennis Pavilion
	Zumba	5:30 pm	Tennis Pavilion
Saturday	Stand Up Paddle	7:00 am	Ulua Lagoon 4
	Beach Boot Camp	7:30 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		
	Beach Pilates	8:30 am	Ulua Lagoon 4

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 except Boot Camp which is \$10.00. Non-member rate is \$10.00 for all classes except Boot Camp which is \$20.00 and 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 kellene.greenwood@yahoo.com for Spinning classes. There is a courtesy rule of two Spinning classes per member per week. 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.