

# WellnessCenter

Please Call  
Extension

# 4755

for classes, DVDs,  
locations, and more.



Sunday    Monday    Tuesday    Wednesday    Thursday    Friday    Saturday

★ *Pass to all classes only \$89*

8:00 -9:00  
Welcome Briefing prizes & snacks Free.

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7:00 - 7:50  
Tropical Walking Tour \$15

8:00 - 9:20  
White Tiger intro to Yoga & Tai Chi \$30

7:00-7:55  
Personal Training by appointment\*. \$70 or \$90 for two.

8:00 - 8:45  
Power Walk Free.

7:00 - 7:50  
Tropical Walking Tour \$15

8:00 - 8:50  
White Tiger Intermediate Yoga \$20



8:00 - 8:50  
Power Walk Free.

7:00-7:55  
Personal Training by appointment\*. \$70 or \$90 for two.

8:00-8:55  
Personal Training by appointment\*. \$70 or \$90 for two.

9:30 -10:00  
Healthy Lower Back Secrets \$20

9:30 -9:45  
Intro. to the gym - Free.

9:30 -10:00  
Healthy Lower Back Secrets \$20

9:30 -9:45  
Intro. to the gym - Free.

9:30 -10:00  
Healthy Shoulder & Rotator Cuff Secrets \$20

9:30 -9:45  
Intro. to the gym - Free.

9:00-9:55  
Personal Training by appointment\*. \$70 or \$90 for two.

10:00 -10:30  
Healthy Shoulder & Rotator Cuff Secrets \$20

10:00 - 10:45  
Tropical Water Fitness \$15

10:00 - 10:45  
Tropical Water Fitness \$15

10:00 - 10:55 & 11:00 -11:55  
Personal Training by appointment\*.

10:00 - 10:45  
Tropical Water Fitness \$15

\* Personal Training is only \$65 or \$80 for two with the Wellness Pass.

10:00 - 10:55 & 11:00 -11:55  
Personal Training by appointment\* .

All classes are on the Beach Lawn (or the third floor Game Room in case of rain) except for Water Fitness which meets at the pool by Kolohes.

## Wellness Events

Just for you and available right here at the Ko Olina Beach Club are some of the most helpful and life changing wellness events offered anywhere in the world. Please give these events a try. Everything we offer is easy on your joints, relevant to your life, and provides you a real chance for a fresh new start back home!

Our Healthy Lower Back course shows you how to free the back of your legs, inside of your thighs and outside of your hips which all contribute to lower back discomfort. Once mastered, this can be done in less than 7 minutes.



Our Personal Training Sessions will give you a custom designed workout just for you that that you can take home for a fresh new start!

Our intro to White Tiger Yoga & Tai Chi contains the best of the holistic arts from all over the world. Helps you get rid of your stress, headaches, backaches, insomnia, anxiety, etc. This is gentle on your joints yet uses very powerful breathing techniques to calm your entire nervous system.



Our White Tiger Yoga intermediate course is for those who have taken the introduction course. This has more challenging postures and breathing strategies for balance, flexibility, and inner calm. White Tiger Yoga is founded by Ko Olina's own David Wicker - as seen on T.V.



Our Tropical Walking Tour will show you the local birds, plants, legends and history of Hawaii in a fun and low key informational stroll. About a quarter mile walk at a leisurely pace. Fun for the whole family.

Get 7 days of unlimited access to all classes for only \$89.00  
The Wellness Pass!

Our Water Fitness will use the water resistance of our pool to tone the back of your arms, legs, stomach and rear. Great for weight loss, muscle tone and increasing range of motion. You can learn it here and then do it at home in any pool!

Our Introduction to the gym shows you how to feel safe and comfortable with our weight and cardio machines in the fitness center.

Our Power Walks are a fun way to get your blood moving in the morning on this 1.5 -2. 0 mile walk which we do in about forty five minutes. Make new friends and see the lagoons in the morning.

All these Wellness Tips are available on DVD! Be sure to take them home!

Extension 4755  
or visit [DavidWicker.com](http://DavidWicker.com)

Our Healthy Shoulder & Rotator Cuff course shows you how to increase blood flow to the rotator cuff for less pain and more range of motion. Also included in this course are techniques to relieve stress from your shoulder blade area.

