



Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 MINUTE CORE with Rosana 8:00A STRENGTH & CONDITIONING with Rosana 8:30A GENTLE HATHA YOGA with Banoo 9:30A LIGHT & EASY with Rosana 10:30A BARRE METHOD with Jenna 4:30P MAT PILATES with Jenna 5:30P	CARDIO & CONDITIONING with Jerome 8:30A YOGA & MEDITATION with Jerome: Intermediate to class schedule 9:30A ZUMBA & CORE with Rosana 10:30A AQUA FITNESS with Rosana 11:30A GENTLE HATHA YOGA with Banoo 5:30P	FAT BURNING PILATES with Rosana 8:00A STRENGTH & CONDITIONING with Rosana 8:30A GENTLE HATHA YOGA with Banoo 9:30A AQUA BOOT CAMP with Jerome 10:30A	CARDIO & CONDITIONING with Jerome 8:30A MEMBERS ONLY WALKING CLUB Meet at the Fitness Center 9:00A YOGA & MEDITATION with Jerome: Intermediate to class schedule 9:30A ZUMBA with Rosana 10:30A AQUA ZUMBA with Rosana 11:30A GENTLE HATHA YOGA with Banoo 5:30P	MEMBERS ONLY SWIM CLUB Meet at the pool 6:00 - 8:00A FAT BURNING PILATES with Rosana 8:00A BOSU & CORE with Rosana 8:30A GENTLE HATHA YOGA with Banoo 9:30A AQUA BOOT CAMP with Jerome 10:30A

Welcome to the Kona Kai Club!

Fitness Center Hours: Mon - Fri 6AM - 10PM | Sat & Sun 7AM to 10PM

KONA KAI CLUB

Fitness classes

Gentle Hatha Yoga with Banoo

Increase flexibility and strength through asana and breathing. All ages and abilities are welcome.

Strength & Conditioning with Rosana

Strength and Conditioning is ideal for men and women of any age and fitness level and targets all of the major muscle groups, with emphasis on legs and abdominals.

Cardio Sculpt Interval Training with Jerome

Using exercise bands, Light hand dumbbells, bosu, and mats. Alternating a strength exercise with a cardio exercise. Intensity level can be regulated by what you are able to do. Full body workout. All levels.

Aqua Fitness with Rosana

Cardio workout performed in the beautiful Kona Kai pool using the water as resistance to sculpt your entire body from head to toe.

Yoga & Meditation with Jerome:

The complete mind body spirit yoga asana experience! The class is strong flow vinyasa stretching and strengthening lower body, upper body, core abs and back. Become aware of how deep relaxation, breathing, intention and imagery with specific asanas and vinyasas increases flexibility and deepens our inner peace and creates restoring/ rejuvenating energy.

Aqua Boot Camp with Jerome

Exercises for core strength using hand buoys and water resistance. A range of cardio exercises that could include in the pool running, track drills, plyometric and only if comfortable swimming.

Zumba® & Core with Rosana

The most awesome workout ever! Dance to great music, with great people, and burn a ton of calories without even realizing it.

30 minute Core with Rosana

The core includes all the deep and superficial muscles used to stabilize, align, and move the trunk of the body as well as the pelvis and hips.

Bosu & Core with Rosana

Half hour using a Bosu Ball. Drills and calisthenics to work your whole body with a fun and challenging workout. The second half hour we will work on the mats to strengthen your mid-section.

Light & Easy with Rosana

Incorporates light to medium cardio activity, strength-building and balance exercises, and plenty of toning and stretching. Best of all, we play great music from the "good old days".

Fat Burning Pilates with Rosana

This half an hour class takes place in a group setting using your body weight as the primary source of resistance. Focus is placed on precise movements originating from the center or core of your body.

Aqua Zumba® with Rosana

Jump in to this great combo workout that delivers heart pumping cardio and strength training.

Zumba® with Rosana

Everybody and every-body! Each Zumba® class is designed to bring people together to sweat it on. How It Works: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

BARRE METHOD with Jenna

Barre fitness class is simply ballet inspired exercise with elements of pilates, yoga, and functional training. Seasonally held outside.

MAT PILATES with Jenna

This class focuses on developing strength, flexibility, balance, and stamina. Emphasis is placed on precise movement originating from the core of the body.

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