



KONA KAI

- Club -

FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	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 8:00A STRENGTH & CONDITIONING with Rosana 8:30A GENTLE HATHA YOGA with Banoo 9:30A AQUA BOOT CAMP with Jerome 10:30A ABS & GLUTES with Jerome 6:30P	MEMBERS ONLY WALKING CLUB 7:30A CARDIO & CONDITIONING with Jerome 8:30A YOGA & MEDITATION with Jerome: Intermediate to class schedule** 9:30A ZUMBA with Rosana 10:30A AQUA ZUMBA with Rosana 11:30A	MEMBERS ONLY SWIM CLUB 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 *TAI CHI KI GONG with Susan 11:30A ABS & GLUTES with Jerome 6:30P	LUIGI JAZZ DANCE with Carmen 9:30A RIO DANCE FITNESS with Carmen 10:00A

WELCOME TO THE KONA KAI CLUB!

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

Classes * By request please sign in at Fitness Center in advance

**Pre-Registration is required for this class. Please contact the Fitness Center Reception at 619-819-8134 or email Maria Yrbas at myrbas@sdkonakai.com.



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: Intermediate to class schedule**

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.

*TAI CHI KI GONG with Susan

"Moving Meditation" is a blend of Korean Tai Chi and Ki Gong, derived from ancient martial arts energy mindfulness techniques. Regular practice will help you calm your brain and reduce stress while improving your posture, balance and body.

*ABS & GLUTES with Jerome

Mat exercises using body weight and some weights targeting core, glutes, and abdominals. ON CALL.

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.

LUIGI JAZZ DANCE with Carmen

Luigi jazz dance styles and techniques was developed by Luigi - he is considered the father of American Jazz Dance.

RIO DANCE FITNESS with Carmen Babula

RIO Fitness is dance fitness with emphasis on abs, core, bunda, butt lift, high intensity and high energy.

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