

CLASS DESCRIPTIONS

Our fitness class schedule changes weekly. For the most current schedule, please call the spa at 808-665-7079 or email rc.jhmrz.spa@ritzcarlton.com.

BODY SCULPTING* – This is a perfect class to tone the entire body using weights, body resistance bands, exercises and body bars. Sculpt, stretch, and strengthen your way to a long, lean physique. Please wear tennis shoes. Complimentary for overnight guests of The Ritz-Carlton, 55 min.

CORE – Using bands and weights this class is designed to focus on stretching to work out the abs and glutes. Please wear tennis shoes. 50 min. \$20 per person.

FLOW YOGA - Challenging sequences are designed to create focus, wake the inner body and still the mind. Advanced poses will be given in this class but will be built from a safe foundation and worked into intelligently. Aromatherapy included. 50 min. \$20 per person.

FOAM ROLL RELEASE* – An ideal way to learn how to perform self-myofascial release of trigger points in the muscles. Trigger points are sore spots that form within muscles or tendons. Foam rolling is a way of massaging away muscle soreness in trigger points, and preparing your muscles for deeper stretching. Complimentary for overnight guests of The Ritz-Carlton, 40-45 min.

KAPALUA FITNESS HIKE* (outdoors, weather permitting) – Start the day right! Take a brisk 2.5 mile walk around the Kapalua community. We walk the Cardio Loop Hike or Kapalua Coastal Trail, enjoy ocean views and breathe fresh, crisp Kapalua air. Please wear tennis shoes. Complimentary for overnight guests of The Ritz-Carlton, 40-45 min.

LABYRINTH MEDITATION WALK* – (outdoors, weather permitting) – Labyrinths used for meditation are based on patterns that date back thousands of years and have roots in many cultures and traditions. It is both kinesthetic and introspective, a complete mind-body integrative activity, while we visit a few of Maui's treasures including some of the most beautiful weathered rock formations. Please wear walking shoes or tennis shoes. Complimentary for overnight guests of The Ritz-Carlton, Kapalua, 40-45min.

MEDITATION* - Mindfulness meditation technique encourages the practitioner to observe wandering thoughts as they drift through the mind. The intention is not to get involved with the thoughts or to judge them, but simply to be aware of each mental note as it arises. Complimentary for overnight guests of The Ritz-Carlton, 30-40min.

POWER CORE– Wake up your core with this flowing hybrid fitness class to create a grounded center. Various fitness methods will be taught with and without equipment. 50 min. \$20 per person

PURE PILATES – Mat class based on the strength and flexibility principles of Joseph Pilates. Movements are controlled and performed with total concentration in a precise and flowing manner. This approach develops core strength and balance for a strong, lean and healthy body. 50 min. \$20 per person

SOUND HEALING – Sound Healing uses the power of sound to restore one's mind and body back to a state of balance. The harmonic vibrations from the instruments have a profound effect on the receiver, promoting healing and well-being. Many people emerge from the experience feeling lighter, more in balance, refreshed, and rejuvenated. \$25 per person.

STRETCH AND RELAX* - This class provides static stretching for all major muscle groups and easy relaxation techniques for all fitness levels to enjoy. Complimentary for Ritz-Carlton guests, 45-50min.

SUNRISE YOGA* – (outdoors, weather permitting) – This light-hearted outdoor practice on the Terrace Lawn, focuses on basic alignment principles, breath work and a short meditation. Start your day connecting more fully to body, mind, and heart. (please meet instructor at the fitness center, class will be held indoors during inclement weather). Complimentary for overnight guests of The Ritz-Carlton, Kapalua, 40-45 min.

TAI CHI WORKOUT* – This unique workout with slow and flowing moves combines the best elements of fitness, meditation and the ancient martial art of Taijiquan (Tai Chi). You will find yourself moving your body with the grace and confidence and learning the secret of balancing yin and yang. Complimentary for overnight guests of The Ritz-Carlton, Kapalua, 40-45min.
