

# September Cultural Lessons & Hotel Activities

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Cultural Lessons** - Reservations Required for most classes. Dial 2760 for reservations. Located at the Hawaiian Cultural Center at Kohala Spa in Lagoon Tower, unless otherwise noted.

**8am** Imu Preparation  
Meet at Kamehameha Court

**9am** Apo Lima Kukui,  
Kukui Bracelet **RR**

**10am** Papa 'Ukulele,  
Beginners Ukulele **RR**

**12pm** Ka Hana Lei Pua,  
Flower Lei Making **RR**

**1pm** Papa Hula,  
Beginners Hula **RR**

**2pm** Talk Story:  
Life in Hawai'i

**8am** Apo Lima Lāi,  
Ti Leaf Bracelet **RR**

**9am** Apo Lima Kukui,  
Kukui Bracelet **RR**

**10am** Papa 'Ukulele,  
Beginners Ukulele **RR**

**12pm** Ka Hana Lei Pua,  
Flower Lei Making **RR**

**1pm** Papa Hula,  
Beginners Hula **RR**

**2pm** Featured Oral  
History: Queen  
Lili'uokalani

**8am** Imu Preparation  
Meet at Kamehameha Court

**9am** Apo Lima Kukui,  
Kukui Bracelet **RR**

**10am** Papa 'Ukulele,  
Beginners 'Ukulele **RR**

**12pm** Ka Hana Lei Pua,  
Flower Lei Making **RR**

**1pm** Papa Hula,  
Beginners Hula **RR**

**2pm** Hō'ike'ike Lei  
Hulu, Feather lei Demo

**8am** Apo Lima Lāi,  
Ti Leaf Bracelet **RR**

**9am** Apo Lima Kukui,  
Kukui Bracelet **RR**

**10am** Papa 'Ukulele,  
Beginners 'Ukulele **RR**

**12pm** Ka Hana Lei Pua,  
Flower Lei Making **RR**

**1pm** Papa Hula,  
Beginners Hula **RR**

**2pm** Discovering  
Hawai'i: A Sense of  
Place

**8am** Educational  
Presentation: Protect our  
'Ōhia Forest

**9am** Apo Lima Kukui,  
Kukui Bracelet **RR**

**10am** Papa 'Ukulele,  
Beginners 'Ukulele **RR**

**12pm** Ka Hana Lei Pua,  
Flower Lei Making **RR**

**1pm** Papa Hula,  
Beginners Hula **RR**

**2pm** Featured Oral  
History: Queen  
Lili'uokalani

**8am** Imu Preparation  
Meet at Kamehameha Court

**9am** Apo Lima Kukui,  
Kukui Bracelet **RR**

**10am** Papa 'Ukulele,  
Beginners 'Ukulele **RR**

**12pm** Ka Hana Lei Pua,  
Flower Lei Making **RR**

**1pm** Papa Hula,  
Beginners Hula **RR**

**2pm** Hō'ike'ike Lei  
Hulu, Feather Lei Demo

**4pm** Papa 'Ukulele,  
Intermediate 'Ukulele

**8am** Apo Lima Lāi,  
Ti Leaf Bracelet **RR**

**9am** Apo Lima Kukui,  
Kukui Bracelet **RR**

**10am** Papa 'Ukulele,  
Beginners 'Ukulele **RR**

**12pm** Ka Hana  
Lei Pua, Flower Lei  
Making **RR**

**1pm** Papa Hula,  
Beginners Hula **RR**

**2pm** Talk Story:  
Life in Hawai'i

## Hotel Activities

**8:30am** Non-  
Denominational  
Church Service

**10am** Bird Talk,  
Educational Talk, Main  
Lobby

**10am** Bird Talk,  
Educational Talk, Main  
Lobby

**1pm** Kona Coffee  
Tasting, Waikoloa  
Coffee Co. in Lagoon  
Tower and Ocean  
Tower

**8pm** Star Gazing,  
dial 2760 **RR \$**

**10am** Bird Talk,  
Educational Talk, Main  
Lobby

**7am** Meditation,  
Buddha Point (Sep. 4  
and Sep. 25)

**10am** Bird Talk,  
Educational Talk, Main  
Lobby

**10am** Bird Talk,  
Educational Talk, Main  
Lobby

**8pm** Star Gazing,  
dial 2760 **RR \$**

**10am** Bird Talk,  
Educational Talk, Main  
Lobby

**1pm** Kona Coffee  
Tasting, Waikoloa  
Coffee Co. in Lagoon  
Tower and Ocean Tower

**5:30pm** Hawaiian  
Sunset Story Telling,  
Buddha Point

**10am** Bird Talk,  
Educational Talk, Main  
Lobby



## New Experience

### DREAMPOD

Experience zero-gravity in the DreamPod. Let stress and strain float away as therapeutic warm water, calm lighting and soothing sounds bring you to a deep state of relaxation. Call Kohala Spa to book: +1 808 886 2828.



**\$** Additional Charge

**RR** Reservations Required

**Need reservations or more information?** Dial 2760



# September Pool Activities & Fitness Classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Pool Activities</b> - Located at Kona Pool, unless otherwise noted.						
<p><b>All day</b> Keiki Hotel Scavenger Hunt, Kona Pool Desk</p> <p><b>All day</b> Corn Hole, Kohala Pool</p> <p><b>10:15am</b> Slide Time Challenge</p> <p><b>2:15pm</b> Bucket Ball</p>	<p><b>All day</b> Keiki Photo Scavenger Hunt, Kona Pool Desk</p> <p><b>All day</b> Corn Hole, Kohala Pool</p> <p><b>10:15am</b> Water Bullseye</p> <p><b>2:15pm</b> Hula Hoop Contest</p>	<p><b>All day</b> Keiki Nature Scavenger Hunt, Kona Pool Desk</p> <p><b>All day</b> Corn Hole, Kohala Pool</p> <p><b>10:15am</b> Slide Time Challenge</p> <p><b>2:15pm</b> Connect Four Tournament</p>	<p><b>Kona Pool Closed Sep. 4</b></p> <p><b>All day</b> Keiki Hotel Scavenger Hunt, Kona Pool Desk</p> <p><b>All day</b> Corn Hole, Kohala Pool</p> <p><b>10:15am</b> Slide Time Challenge</p> <p><b>2:15pm</b> Checkers Tournament</p>	<p><b>All day</b> Keiki Photo Scavenger Hunt, Kona Pool Desk</p> <p><b>All day</b> Corn Hole, Kohala Pool</p> <p><b>10:15am</b> Hula Hoop Contest</p> <p><b>2:15pm</b> Bucket Ball</p>	<p><b>All day</b> Keiki Nature Scavenger Hunt, Kona Pool Desk</p> <p><b>All day</b> Corn Hole, Kohala Pool</p> <p><b>10:15am</b> Treasure Dive</p> <p><b>2:15pm</b> Maze Runner</p>	<p><b>All day</b> Keiki Alphabet Scavenger Hunt, Kona Pool Desk</p> <p><b>All day</b> Corn Hole, Kohala Pool</p> <p><b>10:15am</b> Volleyball Tournament</p> <p><b>2:15pm</b> Jenga</p>
<b>Fitness Activities</b> - Located at Kohala Spa in Lagoon Tower, unless otherwise noted.						
<p><b>10am</b> Hatha Yoga</p>	<p><b>8am</b> Spin</p> <p><b>10:30am</b> Hatha Yoga</p> <p><b>4pm</b> Restorative Yoga</p> <p><b>5pm</b> Pilates Mat</p>	<p><b>7:15am</b> Barre</p> <p><b>8:30am</b> Spin</p> <p><b>10am</b> Vinyasa Flow</p>	<p><b>8am</b> Core &amp; Cycle</p> <p><b>8am</b> Qi Gong (Sep. 4 and Sep. 25)</p> <p><b>9am</b> Tai Chi (Sep. 25)</p> <p><b>10am</b> Meditation (Sep. 25)</p> <p><b>5pm</b> Pilates Mat</p>	<p><b>8am</b> Core &amp; Cycle</p> <p><b>8am</b> Zumba <b>Kona Pool</b></p> <p><b>9:30am</b> Yin Yoga</p> <p><b>3:30pm</b> Meditation (Sep. 19 and Sep. 26)</p> <p><b>4:30pm</b> Tai Chi (Sep. 19 and Sep. 26)</p>	<p><b>8am</b> Spin</p> <p><b>9am</b> Hatha Yoga</p>	<p><b>8am</b> Pilates Mat</p> <p><b>9am</b> Hatha Yoga</p>

## Hours

<b>Kona Pool</b>	8am - 10pm
<b>Kona Pool Desk</b>	8:30am - 5pm
<b>Kona Pool Slide</b>	9am - 5pm
<b>Kohala Pool</b>	8am - 10pm
<b>Kohala Pool Slide</b>	9am - 5pm
<b>Ocean Adult Pool</b>	8am - 10pm
<b>Lagoon Beach Shack &amp; Rentals</b>	8:30am - 5:30pm
<b>Kohala Spa</b>	7am - 6pm

**Rent a shade cabana at Kona Pool or the Lagoon Beach. Available 10am-5pm. Dial 1202 or 2828 for reservations.**

### Available at the Lower Lobby:

• Bicycle Rentals • Polaris Slingshot Autocycle Rentals

**Tennis | 7am-5pm | Court Rentals \$25/hr  
Tennis Clinic RR \$ Monday through Friday at 8am**

All guests must wear a wristband to utilize the Resort Pools, Lagoon Beach, Lounge Chairs, and Water Slides. Please see Kona Pool Desk or Lagoon Beach Shack for daily wristband. The minimum height requirement for our Water Slides is 42". Verify your child's height at the Kona Pool Desk. Coolers and outside food and beverage are prohibited on the Pool Decks and Lagoon Beach.

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## Class Descriptions

**Barre** - Increase your strength by applying resistance throughout a full range of motion. Using an innovative longer-style of Theraband, this fun full body work-out targets all of the major muscle groups in a single class. The exercise band utilizes your own body weight as resistance and uses three dimensional movements, stemming from the core. Suitable for any fitness level.

**Core & Cycle** - Fusion class combining a high intensity cycle workout with core exercises. Part of class is spent on the bike, building endurance and breaking a sweat. The other part of class is off the bike strengthening the core.

**Hatha Yoga** - The beginner/intermediate class is designed to help students feel great in their body. This mellow paced class uses the most basic yoga postures to help you leave class feeling longer, looser and more relaxed.

**Pilates Mat** - An exercise class designed to help strengthen your body from the inside out. Pilates will help develop strength and flexibility in your abdominal muscles, back, shoulders, arms, and legs.

**Meditation** - A practice of one's focus on the breath, a movement, sound, object, visualization, or attention itself, with the purpose of increasing awareness of the "now" or "present moment," to reduce stress, promote relaxation, and increase efficiency in work and recreation, enhancing overall personal growth and well-being.

**Qi Gong** - (Chi Kung) The art of cultivating qi (or energy of life) by coordinating one's breath and movements with intention.

**Restorative Yoga** - This slow paced class with long held relaxed asanas are designed to guide the student to a state of deep relaxation. Many props are used to assist the body, mind and spirit in achieving a peaceful state.

**Spin** - This cardiovascular indoor cycling class takes you through different profiles and intensity stages. Good for all levels of experience.

**Tai Chi** - The slow and beautifully choreographed movements of this "internal martial art" bring balance and relaxation to your physical, mental, emotional and spiritual aspects. The class offers an opportunity to learn basic energy management, which can be applied to your daily routine.

**Vinyasa Flow** - Vinyasa is a dynamic practice linking breath and movement. Traditional postures are connected by intentional transitions to create an experience of meditation and motion.

**Yin Yoga** - Yin yoga works deeply into our body with longer held poses. It targets our deepest tissues of the body, our connective tissues - ligaments, joints, bones, and the deep fascia networks of the body - rather than the muscles. Energetically, Yin yoga improves the energy flow, enhancing the flow of chi in the organs. To be healthy, we need healthy organs as well as healthy muscles.

\$ Additional Charge

RR Reservations Required

Need reservations or more information? Dial 2760

