

What's Happening at 'Alohilani

Sunday 03/10	Monday 03/11	Tuesday 03/12	Wednesday 03/13	Thursday 03/14	Friday 03/15	Saturday 03/16
	8:30am Aqua Fit Swell Pool	8:30am Aqua Fit Swell Pool	8:30am Aqua Fit Swell Pool	8:30am Aqua Fit Swell Pool	8:30am Aqua Fit Swell Pool	8:00am TRX ICS
9am – 4pm Monkeypod Kids Club 5 th floor	9am – 4pm Monkeypod Kids Club 5 th floor	9am – 4pm Monkeypod Kids Club 5 th floor	9am – 4pm Monkeypod Kids Club 5 th floor	9am – 4pm Monkeypod Kids Club 5 th floor	9am – 4pm Monkeypod Kids Club 5 th floor	9am – 4pm Monkeypod Kids Club 5 th floor
9:00am Island Yoga ICS	9:30am Ti Leaf Lei Making O Bar	9:30am Cultural Tour Queens Legacy Tour Queens Portrait	9:30am Ti Leaf Lei Making O Bar	9:30am Cultural Tour 'Ahu'ula o Kiwala'ō Feather Cape Lobby	9:30am Ti Leaf Lei Making O Bar	9:00am Body Conditioning ICS
		10:00am Body Conditioning ICS		10:00am Body Conditioning ICS		10:00am Zumba ICS
10:30am Fish Feeding & Tank Talk O Bar	10:30am Fish Feeding & Tank Talk O Bar	10:30am Fish Feeding & Tank Talk O Bar	10:30am Fish Feeding & Tank Talk O Bar	10:30am Fish Feeding & Tank Talk O Bar	10:30am Fish Feeding & Tank Talk O Bar	10:30am Fish Feeding & Tank Talk O Bar
		11:00am Beginners Hula ICS Studio 3 rd Floor		11:00am Beginners Hula ICS Studio 3 rd Floor	10:30am Island Yoga ICS	
12pm-3pm DJ Anit Swell	1:00pm Flower Lei Making O Bar		1:00pm Flower Lei Making O Bar	1pm – 4pm Kids Face & Body Painting Monkeypod Pool	1:00pm Flower Lei Making O Bar	
2:30pm Fish Feeding & Tank Talk O Bar	2:30pm Fish Feeding & Tank Talk O Bar	2:30pm Fish Feeding & Tank Talk O Bar	2:30pm Fish Feeding & Tank Talk O Bar	2:30pm Fish Feeding & Tank Talk O Bar	2:30pm Fish Feeding & Tank Talk O Bar	2:30pm Fish Feeding & Tank Talk O Bar
	5:00pm Body Conditioning ICS	5:00pm Core & Booty Camp ICS	5:00pm Body Conditioning ICS	5:00pm Island Fit ICS	5:00pm Body Conditioning ICS	
	6:00pm Sunset Yoga ICS	6:00pm Sunset Yoga ICS	6:00pm Sunset Yoga ICS	6:00pm Sunset Yoga ICS	6:00pm Sunset Yoga ICS	
	6:30pm-9:30pm Music Jeremy Cheng Swell	6pm-9pm Music Chris Mercado Swell	6pm-9pm Music Alex Oasay O Bar	6pm-9pm Music Kama Kakaio Swell		
7:00pm Dive In Movie "Inside Out" Kids Pool	7pm-10pm DJ Jem O Bar				7pm-10pm Music Live Music O Bar	7pm-10pm DJ Keala Kennelly O Bar

Please see the concierge or front desk for additional information
All activities & classes are for registered guests of 'Alohilani Resort

Activity Descriptions

Ti Leaf Lei Making: Learn the many uses of the Ti Leaf, a Polynesian plant that was in abundance throughout the gardens of Queen Lili'uokalani. This class will teach you a braiding technique of lei making

Fish Feeding & Tank Talk: View our in house diver hand feed the marine life in the oceanarium. We have our aquarist on hand to answer any curious ideas or questions of the underwater world.

Flower Lei Making: In honor of our beloved Queen Lili'uokalani and her love of flowers. Come create your own lei out of beautiful flowers & foliage.

Cultural Tour "Ahu'ula o Kiwala'ō": Learn of High Chief Kiwala'ō, whose beautiful feather (replica) cloak greets you as you first enter our resort. Understand the importance of endangered native Hawaiian birds and plants has on the history and culture of Hawai'i.

Cultural Tour "Queens Legacy": Take a journey back in time and learn of our beloved Queen Lili'uokalani, a remarkable woman who exemplified the true meaning of "Aloha", with extreme patience, courage, humility, and forgiveness.

Monkeypod Kids Club: Travelling to Oahu with kids? At 'Alohilani, our youngest guests can experience new adventures, while having fun and making friends. Each day, children aged 5-12 can be part of our hands-on, indoor and outdoor events that reflect the beauty and diversity of Hawaii. Tours, activities and lunch options are available for an additional fee. Hours of Operation: Mon-Sun 9am-4pm, Location: Seascape, 5th Floor, Email: alohilani@poppins.co.jp Phone: 808.441.4878

Kids Face & Body Painting: Join our talented Aunty Susu with your imagination, while she brings to life your wishes in colorful paints & glitter on your face or body.

Aqua Fit: Elevate your aloha spirit with our fun and welcoming water exercise class open for all ages, led by a certified yoga/fitness instructor.

Body Conditioning: Class consists of functional exercises that will increase your strength, speed and endurance. Helps aids to trim fat, increase muscle tone and to perform the activities of daily life more easily.

Island Yoga: This all level class combines yoga poses on the mat, standing, balancing, twisting and ends in savasana (laying down letting your body absorb the many healing benefits of the poses during class).

Core & Booty Camp: Join us for a special class dedicated to strengthening, tightening and sculpting your abs, core and glutes.

Mat Pilates: Reshape and rehabilitate with exercises performed to strengthen the core muscles. Benefits include core strength, flexibility and increased range of motion.

Foam Rolling: Release the build-up of myofascial in the body. This self-treatment technique helps prevent pain, heal injury, and erase the negative side effects of aging. This class is designed to restore muscles and gain activity.

Sunset Yoga: This is an all level class and is the perfect way to end the day. Vinyasa yoga flow and classic yoga class incorporates postures, breathing, and meditation that come together to harmonize body, mind and spirit.

TRX™: This class provides muscular and cardiovascular benefits that can amount to a tremendous impact on an individual's overall health. You will move better, feel better and live better!

Zumba™: Party yourself into shape with this Latin and world rhythm inspired dance fitness program. Have fun and build your cardiovascular health!

Island Fit: An intense training system and is approached as a full body workout. Focus will be on agility, endurance, power and strength. Be mentally and physically challenged to reach your potential and push beyond.