

## What’s Happening at ‘Alohilani

Sunday 04/07	Monday 04/08	Tuesday 04/09	Wednesday 04/10	Thursday 04/11	Friday 04/12	Saturday 04/13
	<b>8:30am</b> Aqua Fitness <i>Swell Pool</i>	<b>8:30am</b> Aqua Fitness <i>Swell Pool</i>	<b>8:30am</b> Aqua Fitness <i>Swell Pool</i>	<b>8:30am</b> Aqua Fitness <i>Swell Pool</i>	<b>8:30am</b> Aqua Fitness <i>Swell Pool</i>	<b>8:00am</b> TRX ICS
<b>9am – 4pm</b> Monkeypod Kids Club 5 <sup>th</sup> floor	<b>9am – 4pm</b> Monkeypod Kids Club 5 <sup>th</sup> floor	<b>9am – 4pm</b> Monkeypod Kids Club 5 <sup>th</sup> floor	<b>9am – 4pm</b> Monkeypod Kids Club 5 <sup>th</sup> floor	<b>9am – 4pm</b> Monkeypod Kids Club 5 <sup>th</sup> floor	<b>9am – 4pm</b> Monkeypod Kids Club 5 <sup>th</sup> floor	<b>9am – 4pm</b> Monkeypod Kids Club 5 <sup>th</sup> floor
<b>9:30am</b> ‘Ōlelo Time Meet in Lobby	<b>9:00am</b> Beginners Hula ICS Studio	<b>9:00am</b> Beginners Hula ICS Studio	<b>9:00am</b> Beginners Hula ICS Studio	<b>9:00am</b> Beginners Hula ICS Studio	<b>9:00am</b> Beginners Hula ICS Studio	<b>9:30am</b> Mo’ōlelo Time Meet in Lobby
		<b>10:00am</b> Body Conditioning ICS		<b>10:00am</b> Body Conditioning ICS		<b>10:00am</b> Zumba ICS
<b>10:30am</b> Fish Feeding & Tank Talk <i>O Bar</i>	<b>10:30am</b> Fish Feeding & Tank Talk <i>O Bar</i>	<b>10:30am</b> Fish Feeding & Tank Talk <i>O Bar</i>	<b>10:30am</b> Fish Feeding & Tank Talk <i>O Bar</i>	<b>10am-1pm</b> Kids Face & Body Painting <i>Monkeypod Pool</i>	<b>10:30am</b> Fish Feeding & Tank Talk <i>O Bar</i>	<b>10:30am</b> Fish Feeding & Tank Talk <i>O Bar</i>
<b>12pm-3pm</b> DJ ANIT <i>Swell</i>				<b>10:30am</b> Fish Feeding & Tank Talk <i>O Bar</i>	<b>10:30am</b> Island Yoga ICS	
<b>1:00pm</b> Ti Leaf Lei Making <i>O Bar</i>	<b>1:00pm</b> Flower Lei Making <i>O Bar</i>	<b>1:00pm</b> Ti Leaf Lei Making <i>O Bar</i>	<b>1:00pm</b> Flower Lei Making <i>O Bar</i>	<b>1:00pm</b> Ti Leaf Lei Making <i>O Bar</i>	<b>1:00pm</b> Flower Lei Making <i>O Bar</i>	<b>1:00pm</b> Ti Leaf Lei Making <i>O Bar</i>
<b>2:30pm</b> Fish Feeding & Tank Talk <i>O Bar</i>	<b>2:30pm</b> Fish Feeding & Tank Talk <i>O Bar</i>	<b>2:30pm</b> Fish Feeding & Tank Talk <i>O Bar</i>	<b>2:30pm</b> Fish Feeding & Tank Talk <i>O Bar</i>	<b>2:30pm</b> Fish Feeding & Tank Talk <i>O Bar</i>	<b>2:30pm</b> Fish Feeding & Tank Talk <i>O Bar</i>	<b>2:30pm</b> Fish Feeding & Tank Talk <i>O Bar</i>
	<b>5:00pm</b> Body Conditioning ICS	<b>5:00pm</b> Core & Booty Camp ICS	<b>5:00pm</b> Body Conditioning ICS	<b>5:00pm</b> Island Fit ICS	<b>5:00pm</b> Body Conditioning ICS	
	<b>6:00pm</b> Sunset Yoga ICS	<b>6:00pm</b> Sunset Yoga ICS	<b>6:00pm</b> Sunset Yoga ICS	<b>6:00pm</b> Sunset Yoga ICS	<b>6:00pm</b> Sunset Yoga ICS	
	<b>6:30pm-9:30pm</b> Music Jeremy Cheng <i>Swell</i>	<b>6pm-9pm</b> Music Chris Mercado <i>Swell</i>	<b>6pm-9pm</b> Music Alex Oasay <i>O Bar</i>	<b>6pm-9pm</b> Music Johnny Helm <i>Swell</i>	<b>6pm-10pm</b> Music Maile Duo (JW) <i>O Bar</i>	
<b>7:00pm</b> Dive In Movie “Wreck it Ralph” <i>Kids Pool</i>	<b>7pm-10pm</b> DJ Jem <i>O Bar</i>					<b>7pm-10pm</b> DJ Keala Kennelly <i>O Bar</i>

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

## Activity Descriptions

**Queen's Legacy Tour:** Learn about our Beloved Queen Lili'uokalani and the legacy she left behind for the people. Get a more in depth look at the history of the Hawaiian Culture and the love our Beloved Queen had for our culture and our islands. Please inquire to our cultural ambassador for your private tour.

**Beginners Hula:** Learn the basics of Hula dancing, a class designed for all ages and all levels. This class will give you an inside glimpse of Hula and most importantly you will see just how much fun it is to do the Hula.

**Mo'olelo & 'Olelo Time:** Come and join us to hear stories of Hawai'i and also learn basic words and conversational phrases in Hawaiian. You will be intrigued with our legends and stories of old and new

**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.

**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.

**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.

**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](mailto:alohilani@poppins.co.jp) Phone: 808.441.4878

**Kids Face & Body Painting:** Join our talented Auntie 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.

**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.

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