

## What’s Happening at ‘Alohilani

Sunday 09/08	Monday 09/09	Tuesday 09/10	Wednesday 09/11	Thursday 09/12	Friday 09/13	Saturday 09/14
	<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 <i>ICS</i>
<b>9:00am</b> Island Yoga <i>ICS</i>	<b>9:00am</b> Beginners Hula <i>ICS Studio</i>	<b>9:00am</b> Beginners Hula <i>ICS Studio</i>		<b>9:00am</b> Beginners Hula <i>ICS Studio</i>	<b>9:00am</b> Beginners Hula <i>ICS Studio</i>	<b>9:00am</b> Body Conditioning <i>ICs</i>
<b>10:30am</b> Fish Feeding <i>O Bar</i>	<b>10:30am</b> Fish Feeding <i>O Bar</i>	<b>10:00am</b> Body Conditioning <i>ICS</i> <b>10:30am</b> Fish Feeding <i>O Bar</i>	<b>10:30am</b> Fish Feeding <i>O Bar</i>	<b>10am – 1pm</b> Face painting <i>Monkey pod</i> <b>10:30am</b> Fish Feeding <i>O Bar</i>	<b>10:30am</b> Fish Feeding <i>O Bar</i> <b>10:30am</b> Island Yoga <i>ICS</i>	<b>10:00am</b> Zumba <i>ICS</i> <b>10:30am</b> Fish Feeding <i>O Bar</i>
<b>1:00pm</b> DJ Anit <i>Swell Pool &amp; 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>2:30pm</b> Fish Feeding <i>O Bar</i>	<b>2:30pm</b> Fish Feeding <i>O Bar</i>	<b>2:30pm</b> Fish Feeding <i>O Bar</i>	<b>2:30pm</b> Fish Feeding <i>O Bar</i>	<b>2:30pm</b> Fish Feeding <i>O Bar</i>	<b>2:30pm</b> Fish Feeding <i>O Bar</i>	<b>2:30pm</b> Fish Feeding <i>O Bar</i>
	<b>5:00pm</b> Body Conditioning <i>ICS</i>	<b>5:00pm</b> Island Fit <i>ICS</i>	<b>5:00pm</b> Body Conditioning <i>ICS</i>	<b>5:00pm</b> Island Fit <i>ICS</i>	<b>5:00pm</b> Body Conditioning <i>ICS</i>	
<b>6:00pm</b> Johnny Helm <i>O Bar</i>	<b>6:00pm</b> Sunset Yoga <i>ICS</i> <b>6pm-9pm</b> Live Music Jeremy Cheng <i>Swell Pool &amp; Bar</i>	<b>6:00pm</b> Sunset Yoga <i>ICS</i> <b>6pm-9pm</b> Live Music DJ Jodhi <i>Swell Pool &amp; Bar</i>	<b>6:00pm</b> Sunset Yoga <i>ICS</i> <b>6pm-9pm</b> Live Music Alex Oasay <i>O Bar</i>	<b>6:00pm</b> Sunset Yoga <i>ICS</i> <b>6pm-9pm</b> Live Music Johnny Helm <i>Swell Pool &amp; Bar</i>	<b>6:00pm</b> Sunset Yoga <i>ICS</i> <b>6pm-9pm</b> Live Music DJ Keala Kennelley <i>Swell Pool &amp; Bar</i>	<b>6pm-9pm</b> Live Music Drew Henmi <i>O Bar</i>
<b>7pm-9pm</b> Video Art Series <i>Swell Pool &amp; Bar</i>	<b>7pm-9pm</b> Video Art Series <i>Swell Pool &amp; Bar</i>	<b>7pm-9pm</b> Video Art Series <i>Swell Pool &amp; Bar</i>	<b>7pm-9pm</b> Video Art Series <i>Swell Pool &amp; Bar</i>	<b>7pm-9pm</b> Video Art Series <i>Swell Pool &amp; Bar</i>	<b>6pm-9pm</b> Live Music Maile Duo <i>O Bar</i> <b>7pm-9pm</b> Video Art Series <i>Swell Pool &amp; Bar</i>	<b>7pm-9pm</b> Video Art Series <i>Swell Pool &amp; Bar</i>
<b>7:00pm</b> Dive In Movie "Disney's Cinderella" <i>Swell Keiki Pool</i>					<b>7pm-9pm</b> Video Art Series <i>Swell Pool &amp; Bar</i>	<b>9:30p-1:30am</b> Jimmy Taco <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 (On Request):** Learn about the life and legacy of our Beloved Queen Lili'uokalani. Get an in-depth look into Hawaiian history and find out why our hotel pays special homage to Hawai'i's last reigning monarch. *Please inquire with one of our cultural ambassadors to schedule a private tour.*

**Beginners Hula:** A class designed for all ages and levels, come and learn the ancient Hawaiian art of hula. This class will guide you through the beautiful dance that has captivated visitors from around the world. Come and sway your hips with us and dance the hula!

**Hawaiian Language & Legends of Hawaii:** Come and listen to the stories of Hawai'i and learn how to speak like a local with basic Hawaiian words and conversational phrases. You will be intrigued with our tales of old and new.

**Ti Leaf Lei Making:** Learn the many uses of the Ti Leaf, a common plant grown in abundance throughout Hawai'i that holds a lot of significance in the Hawaiian culture. This class will teach you a traditional braiding style of lei making using only natural materials.

**Flower Lei Making:** In honor of our Queen Lili'uokalani and her love of flowers, we offer you the experience to create your very own beautiful flower lei. Whether you make it for yourself or as a gift, come and handcraft a lei using one of the more modern styles 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.

**Monkeypod Kids Club (Additional fees apply):** Travelling to Oahu with kids? Even our youngest guests can experience new adventures while having fun and making friends. Children ages 5-12 can participate in hands-on, indoor & outdoor activities that. Tours, activities & 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 (Please call to inquire about fee)

**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!

**Video Art Projection Series:** Created by local artist Joseph Pa'ahana, come and enjoy his video artwork highlighting the beautiful landscapes of Hawaii. You can watch the lights light up the surface of our Beachside tower while listening to our local DJs poolside at Swell.