

# WELLNESS STARTS HERE



Unwind, Relax and Rejuvenate



## UKULELE MONDAY

**10:00-11:00AM**

Learn the fundamentals and songs of the ukulele



## HULA MONDAY

**10:00AM-11:00AM**

Richly ingrained in Hawaiian culture, the art of Hula is taught to you by experienced dancers.



## ZUMBA® MON. WED. & FRI.:

**8:00-9:00AM**

Dance aerobics – combining cardio, muscle conditioning, balance and flexibility



## YOGA

**TUES. & THURS.:**

**8:00-9:00AM**

For all skill levels. Connect with your surroundings through a guided class.



## COCONUT EDUCATION WEDNESDAY

**10:00AM-12:00PM**

Learn about this invaluable resources for the Hawaiian community: 2 Part: 1 hr. husking demo + 1 hr. weaving demo.



## POLYFIT®

**SAT. & SUN.:**

**8:00-9:00AM**

Polynesian dance fitness.

PLEASE MEET 10 MINUTES PRIOR TO EVENT ON THE LAWN BEHIND ROYAL SCOOP