



David Wicker

Kaanapali Beach Club Presents:

The Wellness Center

Please Call: Ext 472 or 808-341-7999
New Schedule of Classes

DavidWicker.Com
808-341-7999

As Seen on
T.V.



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

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|---|--|---|--|--|--|
| 8:00 - 8:30 Healthy Lower Back Secrets \$25 | 8:00 - 9:15 Level 1 - Introduction to White Tiger Yoga & Tai Chi \$27 | 8:00 - 9:00 Level 2 - White Tiger Yoga & Tai Chi \$27 | 8:00 - 9:15 Level 3 - White Tiger Yoga & Tai Chi \$27 | 9:00 - 9:30 Healthy Lower Back Secrets \$25 | These Specialty Wellness Courses are developed and managed by T.V. Fitness Celebrity - David Wicker. |
| 8:30 - 9:00 Healthy Shoulder & Rotator Cuff Secrets \$25 | 9:30 - 10:00 Healthy Lower Back Secrets \$25 | 9:15 - 10:00 Healthy Weight Loss & Leg, Stomach & Butt Toning Secrets \$25 | 9:30 - 10:00 Healthy Shoulder & Rotator Cuff Secrets \$25 | 9:30 - 10:00 Healthy Shoulder & Rotator Cuff Secrets \$25 | |
| 9:15 - 10:00 Healthy Weight Loss & Leg, Stomach & Butt Toning Secrets \$25 | 10:15 - 11:00 Tropical Water Fitness \$15 | 10:15 - 11:00 Tropical Water Fitness \$15 | 10:15 - 11:00 Tropical Water Fitness \$15 | 10:15 - 11:00 Tropical Water Fitness \$15 | |



Our reward to you for making your health a priority this vacation is a special incentive that allows you to save over 50% on classes.

Get a Wellness Pass for just \$99 and come to as many classes as you want through Friday. Get extra discounts on each consecutive week you join us!

Our **Healthy Lower Back** course shows you how to release the tight muscles in your legs and hips that attach to your lower back and cause discomfort. Once mastered this can be done in 7 minutes or less! Yes it really works!

Our **Healthy Shoulder & Rotator Cuff** course shows you how to increase blood flow to the rotator cuff for less pain and more range of motion. Also included in this course are techniques to relieve stress from your shoulder blade area. You may feel profound results in just one session!

All classes meet on the Gazebo Lawn across from the lobby - Tee Shirt & Shorts - No Shoes Needed!

Water Fitness will tone every muscle in your body with natural resistance of water. New techniques that you've never seen before! For best results you will use our white tiger Water Fitness Gloves to give you the muscle tone you want. Also available are Water-Proof instruction card, Water Fitness Shirt you can wear in the water to keep you warm and provide you with SPF protection of 50+, and our Water Fitness Hats for lightweight and "keep cool" sun protection for your face.



"I lost over 50 lbs in 6 months"

-Mike Stevens S.F. CA

Our **Introduction to White Tiger Yoga & Tai Chi** contains the best of the holistic arts from all over the world. Helps you get rid of your stress, headaches, backaches, insomnia, anxiety, etc. This is gentle on your joints yet uses very powerful breathing techniques to calm your entire nervous system. No experience necessary. Learn a simple yoga & tai chi combo that you can take home and use forever. This class has also been taught under the name, **Yoga for Golfers** due to it's ability to target and relieve the physical discomfort commonly experienced by Golfers. Yes it helps your score too!



Our **Healthy Weight Loss and Muscle Tone** course will dispel common myths about diet and fitness and show you how to cut belly fat and tone your legs, rear and belly the healthy way - without using a gym!

Our **White Tiger Yoga & Tai Chi 2 & 3** give gentle yet challenging postures and breathing strategies for balance, flexibility, and inner calm. Great Classes! White Tiger Yoga is founded by Hawaii's own David Wicker - as seen on T.V.