



The Wellness Center

New Schedule of Classes




Please Call Extension

8403



Monday Tuesday Wednesday Thursday Friday Saturday Sunday

8:00 -9:00 Free Aloha Welcome Briefing.	8:00 - 9:15 <i>INTRODUCTION</i> to White Tiger Yoga & Tai Chi \$27	8:00 - 8:45 Power Walk down the path NO CHARGE.	8:00 - 9:15 White Tiger Yoga & Tai Chi Secrets \$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.	
9:30 -10:00 Healthy Lower Back Secrets \$25	9:30 -10:00 Healthy Lower Back Secrets \$25	9:00 -9:45 Healthy Weight Loss & Leg, Stomach & Butt Toning Secrets \$20	9:30 -10:00 Healthy Shoulder & Rotator Cuff Secrets \$25	9:30 - 10:00 Healthy Shoulder & Rotator Cuff Secrets \$25	 Our reward to you for making your health a priority this vacation is a special incentive that allows you to save over 70% on our classes.	
10:00 -10:30 Healthy Shoulder & Rotator Cuff 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		
10:30 -11:15 Healthy Weight Loss & Leg, Stomach & Butt Toning Secrets \$20	55 minutes of Personal Training by appointment*. \$70 or \$90 for two.	55 minutes of Personal Training by appointment*. \$70 or \$90 for two.	55 minutes of Personal Training by appointment*. \$70 or \$90 for two.	* Personal Training is only \$65 or \$80 for two with the Wellness Pass.	Get a <i>Wellness Pass</i> for just \$89 and come to as many classes as you want for 7 days with no additional charge!	

All classes meet on the Beach Lawn by Longboards Restaurant & Water Fitness meets at the Pool by the Snack Bar

Wellness Events



"These Wellness Clinics are Amazing"

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!



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 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.



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

Our Water Fitness will use the water resistance of our pool to tone the back of your arms, legs, stomach and rear. Great for weight loss, muscle tone and increasing range of motion. You can learn it here and then do it at home in any pool!

To Enroll for these Events please call Extension 8403 or visit the Wellness Center

Our Power Walks are a fun way to get your blood moving in the morning on this 1.5-2.0 mile walk which we do in about forty five minutes. Make new friends and see the ocean in the morning.

Our Personal Training Sessions will give you a custom designed workout in weight training, yoga, or techniques from our classes that you can take home for a fresh new start!

"Please - do not leave Hawaii without these special Wellness Secrets I have spent my life time perfecting! These teachings will make a world of difference in how you feel, how you sleep, and even how you golf. If you are unable to attend these clinics then be sure to get this information on my DVDs available at the Wellness Center or on my web-site WWW.DavidWicker.com. Aloha....."

-David Wicker