

The Wellness Center New Schedule of Classes

Please Call Extension

3254

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

9:15 - 10:00
Vacation
Kick-Off!

<p>11:00 - 11:30 Healthy Lower Back Secrets \$25</p> <p>11:30 - 12:00 Healthy Shoulder & Rotator Cuff Secrets \$25</p>	<p>7:00 - 7:45 Morning Meditation No Charge.</p> <p>8:00 - 9:15 Level 1 - Introduction to White Tiger Yoga & Tai Chi \$27</p> <p>9:30 - 10:00 Healthy Lower Back Secrets \$25</p> <p>10:15 - 11:00 Tropical Water Fitness \$15</p>	<p>Morning & Afternoon Personal Training by appointment*. \$80 or \$95 for two.</p> <p>8:00 - 9:00 Level 2 - White Tiger Yoga & Tai Chi \$27</p> <p>9:15 - 10:00 Healthy Weight Loss & Leg, Stomach & Butt Toning Secrets \$25</p> <p>10:15 - 11:00 Tropical Water Fitness \$15</p>	<p>7:00 - 7:45 Power Walk NO CHARGE.</p> <p>8:00 - 9:15 Level 3 - White Tiger Yoga & Tai Chi \$27</p> <p>9:30 - 10:00 Healthy Shoulder & Rotator Cuff Secrets \$25</p> <p>10:15 - 11:00 Tropical Water Fitness \$15</p>	<p>8:00 - 8:45 Healthy Weight Loss & Leg, Stomach & Butt Toning Secrets \$25</p> <p>9:00 - 9:30 Healthy Lower Back Secrets \$25</p> <p>9:30 - 10:00 Healthy Shoulder & Rotator Cuff Secrets \$25</p> <p>10:15 - 11:00 Tropical Water Fitness \$15</p>
--	--	---	---	---

These Specialty Wellness Courses are developed and managed by T.V. Fitness Celebrity - David Wicker.



Our reward to you for making your health a priority this vacation is a special incentive that allows you to save over 60% 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!

All classes meet on the Ocean Lawn by Pailolo Restaurant & Water Fitness meets at South Pool

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. A wonderful class!

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.

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!

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 **Morning Meditation** is the perfect way to relax and enjoy the magic of Hawaii first hand. Make new friends breathe in the peace you're here to enjoy.

"These Wellness Clinics are Amazing"



As Seen on
T.V.

DavidWicker.Com
808-341-7999

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!

