

February Cultural Lessons & Hotel Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Cultural Lessons - Reservations required for most classes. Dial 2717. Located at the **Hawaiian Cultural Center in Makai Tower**, unless otherwise noted.

<p>8am Imu Preparation Kamehameha Court Lū'au Area</p> <p>9:15am Apo Lima Kukui, Kukui Bracelet RR</p> <p>10am Papa Hula, Beginners Hula RR</p> <p>12pm Papa 'Ukulele, Beginners 'Ukulele RR</p> <p>1:15pm Ka Hana Lei Pua, Flower Lei Making RR</p>	<p>8am Queen Lili'uokalani and Hawai'i after 1893, Educational Discussion</p> <p>9:15am Apo Lima Kukui, Kukui Bracelet RR</p> <p>10am Papa Hula, Beginners Hula RR</p> <p>12pm Papa 'Ukulele, Beginners 'Ukulele RR</p> <p>1:15pm Ka Hana Lei Pua, Flower Lei Making RR</p>	<p>8am Imu Preparation Kamehameha Court Lū'au Area</p> <p>9:15am Apo Lima Kukui, Kukui Bracelet RR</p> <p>10am Papa Hula, Beginners Hula RR</p> <p>12pm Papa 'Ukulele, Beginners 'Ukulele RR</p> <p>1:15pm Ka Hana Lei Pua, Flower Lei Making RR</p>	<p>8am Hō'ike'ike Lei Hulu, Feather Lei Demonstration</p> <p>9:15am Apo Lima Kukui, Kukui Bracelet RR</p> <p>10am Papa Hula, Beginners Hula RR</p> <p>12pm Papa 'Ukulele, Beginners 'Ukulele RR</p> <p>1:15pm Ka Hana Lei Pua, Flower Lei Making RR</p>	<p>8am Mālama 'Āina: A Hawai'i mindset for sustainable tourism</p> <p>9:15am Apo Lima Kukui, Kukui Bracelet RR</p> <p>10am Papa Hula, Beginners Hula RR</p> <p>12pm Papa 'Ukulele, Beginners 'Ukulele RR</p> <p>1:15pm Ka Hana Lei Pua, Flower Lei Making RR</p>	<p>8am Imu Preparation Kamehameha Court Lū'au Area</p> <p>9:15am Apo Lima Kukui, Kukui Bracelet RR</p> <p>10am Papa Hula, Beginners Hula RR</p> <p>12pm Papa 'Ukulele, Beginners Ukulele RR</p> <p>1:15pm Ka Hana Lei Pua, Flower Lei Making RR</p> <p>4pm Papa 'Ukulele, Intermediate 'Ukulele</p>	<p>8am Living Pono! What does it mean to live pono? Take the Pono Pledge!</p> <p>9:15am Apo Lima Kukui, Kukui Bracelet RR</p> <p>10am Papa Hula, Beginners Hula RR</p> <p>12pm Papa 'Ukulele, Beginners 'Ukulele RR</p> <p>1:15pm Ka Hana Lei Pua, Flower Lei Making RR</p>
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Hotel Activities

<p>8:30am Non-Denominational Church Service Wedding Chapel</p>	<p>1pm Kona Coffee Tasting Waikoloa Coffee Co. in Makai Tower and Ocean Tower</p> <p>8pm Stargazing Dial 2760 RR \$ \$40 adults, \$20 kids 5-11 Tennis at Kohala Spa</p>			<p>8pm Stargazing Dial 2760 RR \$ \$40 adults, \$20 kids 5-11 Tennis at Kohala Spa</p>	<p>1pm Kona Coffee Tasting Waikoloa Coffee Co. in Makai Tower and Ocean Tower</p> <p>5:30pm Hawaiian Sunset Story Telling Buddha Point</p>	
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Spa Highlight

Dreampod Float

Experience zero-gravity weightlessness. Stress and strain float away as therapeutic warm water, calm lighting and soothing sounds bring you to a deep state of relaxation.

Book online at kohalaspa.com or dial 1228.



@HiltonWaikoloaVillage
Snap a shot and tag us!
#hiltonwaikoloavillage



\$ Additional Charge

RR Reservations Required

Need reservations or more information? Dial 2717

February Pool Activities & Fitness Classes



BOOK ONLINE
Reserve a relaxing massage,
body or wellness service online:
KohalaSpa.com

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Pool Activities - Located at **Kona Pool**, unless otherwise noted.

All day Keiki Hotel
Scavenger Hunt
Kona Pool Desk

All day Game Center
Kona Pool Activity Area

10:15am Slide Time
Challenge

2:15pm Bucket Ball

All day Keiki Photo
Scavenger Hunt
Kona Pool Desk

All day Game Center
Kona Pool Activity Area

10:15am Water Bullseye

2:15pm Hula Hoop
Contest

All day Keiki Nature
Scavenger Hunt
Kona Pool Desk

All day Game Center
Kona Pool Activity Area

10:15am Slide Time
Challenge

2:15pm Connect Four
Tournament

All day Keiki Hotel
Scavenger Hunt
Kona Pool Desk

All day Game Center
Kona Pool Activity Area

10:15am Slide Time
Challenge

2:15pm Checkers
Tournament

All day Keiki Photo
Scavenger Hunt
Kona Pool Desk

All day Game Center
Kona Pool Activity Area

10:15am Hula Hoop
Contest

2:15pm Bucket Ball

All day Keiki Nature
Scavenger Hunt
Kona Pool Desk

All day Game Center
Kona Pool Activity Area

10:15am Treasure Dive

2:15pm Maze Runner

All day Keiki Alphabet
Scavenger Hunt
Kona Pool Desk

All day Game Center
Kona Pool Activity Area

10:15am Volleyball
Tournament

2:15pm Jenga

Fitness Activities - Located at **Kohala Spa in Makai Tower**, unless otherwise noted. *Class size may be limited. First come, first served.

10am Hatha Yoga
4pm Restorative Yoga

7:30am Paddleboard
Yoga, **Lagoon Beach***
8am Spin
10:30am Hatha Yoga
4pm Restorative Yoga
5pm Pilates Mat

7:15am Barre
8:30am Spin
10am Vinyasa Flow
5pm Restorative Yoga

7:30am Paddleboard
Yoga, **Lagoon Beach***
8am Core & Cycle
9:30am Restorative Yoga
5pm Pilates Mat

8am Core & Cycle
8am Zumba, **Kona Pool**
9:30am Yin Yoga
3:30pm Meditation
4:30pm Tai Chi

7:30am Paddleboard
Yoga, **Lagoon Beach***
8am Spin
9:30am Hatha Yoga
4pm Hatha Yoga

8am Pilates Mat
9am Hatha Yoga
4pm Vinyasa Flow
5pm Chakra Meditation

HOURS & SERVICES

Kona Pool
Kona Pool Desk
Kona Pool Slide

8am - 10pm
8:30am - 5pm
9am - 5pm

Kohala Pool
Kohala Pool Slide

8am - 10pm
9am - 5pm

Ocean Adult Pool

8am - 10pm

Lagoon Beach Shack & Rentals

8:30am - 5:30pm

Kohala Spa

7am - 6pm

CABANAS at Kona Pool or the Lagoon Beach. 10am - 5pm.
Dial 1202 or 2828 for reservations.

WHEELS at the Lower Lobby:

• Bicycle Rentals • Polaris Slingshot Autocycle Rentals

TENNIS at Kohala Spa | 7am-5pm | Court Rentals \$25/hr
Tennis Clinic RR \$ Monday through Friday at 8am

All guests must wear a wristband to utilize the Resort Pools, Lagoon Beach, Lounge Chairs, and Water Slides. Please see Kona Pool Desk or Lagoon Beach Shack for daily wristband. The minimum height requirement for our Water Slides is 42". Verify your child's height at the Kona Pool Desk. Coolers and outside food and beverage are prohibited on the Pool Decks and Lagoon Beach.



RESORT MAP

Download a detailed map:
HiltonWaikoloaVillage.com/map

Class Descriptions

Barre - Increase your strength by applying resistance throughout a full range of motion. Using an innovative longer-style of Theraband, this fun full body work-out targets all of the major muscle groups in a single class. The exercise band utilizes your own body weight as resistance and uses three dimensional movements, stemming from the core. Suitable for any fitness level.

Chakra Meditation - Guided meditation designed to help you move your chakras and isolate parts of your body for healing. Together we will activate and align all 7 chakras which will awaken your inner strength and vitality.

Core & Cycle - Fusion class combining a high intensity cycle workout with core exercises. Part of class is spent on the bike, building endurance and breaking a sweat. The other part of class is off the bike strengthening the core.

Hatha Yoga - The beginner/intermediate class is designed to help students feel great in their body. This mellow paced class uses the most basic yoga postures to help you leave class feeling longer, looser and more relaxed.

Pilates Mat - An exercise class designed to help strengthen your body from the inside out. Pilates will help develop strength and flexibility in your abdominal muscles, back, shoulders, arms, and legs.

Meditation - A practice of one's focus on the breath, a movement, sound, object, visualization, or attention itself, with the purpose of increasing awareness of the "now" or "present moment," to reduce stress, promote relaxation, and increase efficiency in work and recreation, enhancing overall personal growth and well-being.

Qi Gong - (Chi Kung) The art of cultivating qi (or energy of life) by coordinating one's breath and movements with intention.

Restorative Yoga - This slow paced class with long held relaxed asanas are designed to guide the student to a state of deep relaxation. Many props are used to assist the body, mind and spirit in achieving a peaceful state.

Spin - This cardiovascular indoor cycling class takes you through different profiles and intensity stages. Good for all levels of experience.

Tai Chi - The slow and beautifully choreographed movements of this "internal martial art" bring balance and relaxation to your physical, mental, emotional and spiritual aspects. The class offers an opportunity to learn basic energy management, which can be applied to your daily routine.

Vinyasa Flow - Vinyasa is a dynamic practice linking breath and movement. Traditional postures are connected by intentional transitions to create an experience of meditation and motion.

Yin Yoga - Yin yoga works deeply into our body with longer held poses. It targets our deepest tissues of the body, our connective tissues - ligaments, joints, bones, and the deep fascia networks of the body - rather than the muscles. Energetically, Yin yoga improves the energy flow, enhancing the flow of chi in the organs. To be healthy, we need healthy organs as well as healthy muscles.

\$ Additional Charge

RR Reservations Required

Need reservations or more information? Dial 2717

