

# HI FIT

## GET YOUR FITNESS ON.

We get it. You're on vacation but you need to keep up your fitness routine. That's why we have several classes designed to keep your muscles toned without going full beast mode.

**MEET AT 10:15 AM DAILY**  
**on the beach in front of**  
**Aston Waikiki Beach Hotel**



**MONDAY**

Beach – Class Without Noodles Ocean Aerobics – Beginner

**TUESDAY**

Fun Run & Beach Workout – Intermediate

**WEDNESDAY**

Beach – Class Without Noodles Ocean Aerobics – Intermediate

**THURSDAY**

Fun Run & Beach Workout – Beginner

**FRIDAY**

Beach – Class Without Noodles Ocean Aerobics – Beginner

**SATURDAY**

Kapiolani Park Fun Run, Yoga, Strength and Stretching – Intermediate

**SUNDAY**

Kapiolani Park Fun Run, Yoga, Strength and Stretching – Intermediate

Classes start April 1st | Age Requirements: 16+ | Fitness Level: Beginner to Intermediate

Please contact Guest Services for further information.



**WAIKIKI**  
BEACH HOTEL

