

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.

