



THE WESTIN
 NANEA OCEAN VILLAS
 KĀ'ANAPALI, MAUI

Fresh Fitness

Group Fitness Classes Only at Nanea

Nanea's fitness classes will inspire and energize you. Join us at our ocean-front lawn and participate for a better you.

- ALL LEVELS WELCOME
- COST: \$15 Room Charge, Credit or Cash
- Please contact Dom with any questions at 206-427-2214
- PERSONAL TRAINING AVAILABLE

JUNE 2018 CLASS SCHEDULE

<p>7:30 – 8:15 AM, M-W-F A.M. YOGA</p>	<p>Wake your body up with these gentle stretches that will give you the most basic yoga postures structured to alleviate aches and tensions. You probably won't work up a sweat, but you will end up leaving class feeling longer, loose and more relaxed.</p> <p>MONDAY - - WEDNESDAY - - FRIDAY</p>
<p>7:30 – 8:15 AM, Tu,Th CROSS MAUI FIT</p>	<p>A high-intensity fitness program incorporating elements from several sports and types of exercise. Functional movements performed with a touch of challenge.</p> <p>TUESDAY AND THURSDAY</p>
<p>8:30 – 9:15 AM, M-W-F ABS & GLUTES</p>	<p>Improve your core strength, balance and posture. A focused workout with cutting edge abdominal, glutes and lower back exercises, to build strength and definition.</p> <p>MONDAY - - WEDNESDAY - - FRIDAY</p>
<p>8:30 – 9:15 AM, Tu,Th MELT</p>	<p>Learn simple self-treatment technique that is designed to reduce chronic pain and help you stay healthy, youthful, and active for a lifetime. Using MELT you eliminate the effects of accumulated tension and stress caused by daily living.</p> <p>TUESDAY AND THURSDAY</p>

LOCATION Ocean Lawn in front of Wa'a. Look for Dominick with the Yoga fitness cart. In the event of inclement weather, classes will be relocated to Kids Club.

KNOW BEFORE YOU GO We recommend you arrive at least five minutes prior to class start time. We have all the equipment and accessories you will need for class.

About the instructor: Dominick Lucia has been teaching classes and doing personal training through the Westin for more than 3 years. He has 17 years of professional experience and knowledge under his belt and he specializes in tailoring his classes to each participant's goals, lifestyle, and body. Whether you are coping with a unique injury, condition, or simply just trying to get healthy, Dominick is equipped to reach you where you're at, and empower us to all live healthier lives together.