

INSTRUCTOR INFORMATION



VIRGINIA HOLTE

Virginia Holte is the Founder and Artistic Director for West Hawaii Dance Theatre, Founder of West Hawaii Island GYROTONIC® and Guest Instructor/Choreographer for The Maui Academy of Performing Arts. A Third Series Practitioner of Ashstanga Yoga, Ms. Holte is certified in the Pilates method, mat and equipment work from the Physical Mind Institute. Ms Holte is an authorized GYROKINESIS® Master Trainer, GYROTONIC® Pre-Trainer, GYROTONIC® Master Trainer Candidate and GYROKINESIS® Pre-Trainer.

JOE HINTON

Joseph moved to the Big Island in 1979, after running the first of many Honolulu Marathons and has continued to increase and share his knowledge in each of these disciplines for over 35 years. Joseph is the owner of Joe's Yoga, an active Ashtanga Yoga teacher, Certified Pilates Instructor, and practitioner of ballet, body building and bicycling. He is a Certified Level I Trainer for both GYROTONIC® and GYROKINESIS®, taking his foundation courses and receiving his certifications from the GYROTONIC® EXPANSION SYSTEM'S Founder Julio Horvath. Joseph holds certification in the GYROTONIC LEG EXTENSION UNIT®.



GWEN FUJIOKA

Sifu Gwen Fujioka, RDH, LMT, is a certified Tai Chi, Qigong, Meditation & Stress Management instructor since 1998. Her training began in 1993 & continues under excellent Masters throughout the world. Currently, as a Wellness Specialist, Sifu Gwen teaches Meditation, Tai Chi & Qigong classes independently on the Big Island & as part of the Hilton Kohala Spa's Fitness Program. Her intensive training, past experiences &

diverse professions help her to share effective "qi basics" with students & create personalized programs for private clients!

THAD CALCIOLARI

Thad is certified as a Strength and Conditioning Coach by the National Strength and Conditioning Association, is a certified Exercise Test Technologist through the American College of Sports Medicine and holds a Masters degree in Exercise Physiology. Thad is a performance-enhancement specialist in triathlon, cycling, running, and multi-sport training and is an expert in programming fitness/wellness/conditioning improvements including: fat and weight loss; strength training; fitness program initiation; and conditioning with risk factors (cardiovascular disease, high blood pressure, diabetes, and high cholesterol). He has been training and competing in bicycling road races (USCF) and triathlons for 30 years, including 3 finishes at the Ironman World Triathlon Championship.



HEATHER EICHER

Heather Eicher is an ACE certified personal trainer. Her holistic approach to exercise emphasizes form and rhythm to create fluidity, strength and suppleness. Since 2004 she has enjoyed teaching and designing personalized workouts to help her clients reach their potential. She has seen her clients reduce their cholesterol significantly,

reach optimal resting heart rates, improve their digestive and nervous systems, and gain control of their lives while reducing their medications.

PASCAL FASCIANO

Pascale is a RYT certified yoga instructor who also teaches both indoor cycling and a variety of other fitness based classes. She was raised in France and moved to Hawaii in her late teens, and has always been drawn and inspired by the beauty of nature. Motivated by her love for life and health, she first became certified as an ACE certified personal trainer, and then extended her trainings in both group fitness and yoga. Her goal is to extend her love of fitness to all, and to share her passion for health and wellbeing. Pascale has surfed competitively and taken part of many big island running races, and is always looking to further her own fitness goals and aspirations.



FITNESS SCHEDULE

SUNDAY

- 8 am Core Conditioning and Balancing (Complimentary)
- 8:30 am Gyrokinesis® (Fee)
- 9 am Cycling (Fee)
- 9:30 am Yoga; Intermediate/Advanced (Fee)

MONDAY

- 8 am Meditation (Complimentary)
- 9 am Tai chi (Fee)
- 10 am Qigong (Chi Kung) (Fee)
- 5 pm Pilates (Fee)
- 6 pm Yoga (Fee)

TUESDAY

- 7 am Pilates Mat (Fee)
- 8 am Yoga on the Ball (Fee)
- 8:30 am Boot Camp (Complimentary)
- 5:30 pm Cardio Circuit (Fee)

WEDNESDAY

- 6:30 am "Nai'a" Yoga (Complimentary)
- 8 am Tone, Balance, and Flow (fee)
- 5 pm Pedal and Pump (fee)

THURSDAY

- 9 am Pilates (Fee)
- 10 am Flex & Stretch (Fee)
- 4 pm Qigong (Chi Kung) (fee)
- 5 pm Tai Chi (complimentary)
- 6 pm Meditation (Fee)

FRIDAY

- 8 am Gyrokinesis® (Fee)
- 9 am Yoga; Intermediate/Advanced (Fee)

SATURDAY

- 8 am GYROKINESIS® (Fee)
- 9 am Yoga; Intermediate/Advanced (Fee)
- 10:15 am Cycling (Fee)

*Please see inside page for class descriptions.

WELCOME TO THE KOHALA SPA

FITNESS AND WELLNESS PROGRAM

HOURS OF OPERATION

Spa Facility	6 am to 7 pm
Fitness Center	6 am to 7 pm 5 am to 11 pm*

*Expanded hours access available to Fitness Center for guests with Resort Option, Aloha Passport and Hilton Honors. Access may be purchased at resort front desk, concierge or spa reception desk.

FEES

Spa Facility & Fitness

For information, please dial ext. 1260 from your guest room. Non-hotel guests may call directly to 808-886-2828.

Facility Access

(includes Fitness Center, lounges, locker room, steam, whirlpool, sauna and amenities)

Hotel Guests	\$20 per day
Non-Hotel Guests	\$25 per day
Spa Day Use Card	10 visits for \$150

Fitness Classes

Hotel Guests	\$10 per class
Non-Hotel Guests	\$15 per class
Fitness Class Card	10 classes for \$90

Well-Being

Wellness Package*	2 hours/ \$180 per person
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Includes: 30 min. of Meditation with stretching, 30 min. of Tai Chi, and 1 hour of Chi Kung (Qigong).

*Requires 48 hour advance reservations.

Personal Training/Private Sessions

(Requires 24 hour advance reservations.)

Single session - \$90
Couple session - \$180

Personal training and private sessions available with all instructors and for all classes offered.

Minimum Age – 16 years.

For your convenience, an 18% gratuity is automatically applied to all services, including packages and distributed to the staff.

CLASS DESCRIPTIONS

BOOT CAMP - Adapted for all fitness levels, this exhilarating workout is quick and effective and incorporates calisthenics, body weight exercises, interval and strength training.

CARDIO CIRCUIT - This fast moving class combines cardiovascular exercise with a variety of strength exercises - a great workout for both the beginner and the advanced.

CORE CONDITIONING AND BALANCING - Engage your core with functional exercises that challenge your balance and increase your abdominal strength.

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

FLEX & STRETCH - Gain flexibility and increased circulation using the core to produce dynamic tension throughout the entire body.

GYROKINESIS® - Exercise invites your entire body to become supple through natural elements of spinal movement: forward, backward, spirals, arches, and circular. Systematically and gently the joints and muscles work through rhythmic, undulating movement and breath. No previous experience necessary.

INTERMEDIATE-ADVANCED YOGA - For individuals who are currently practicing yoga or are engaged in a vigorous athletic activity. (Ashstanga Style)

MEDITATION - Experience "letting go" and being at peace with "what is" to allow total relaxation with "clear seeing" within the vast field of Awareness. Various meditation practices are offered.

"NAI'A" YOGA - Gentle yoga program conducted on the lanai at Dolphin Quest. The perfect way to start the morning. Please meet at the Dolphin Quest check-in area with towel to participate. Program time starts at 6:30am on Wednesdays. Program time and day subject to change based on scheduling and availability.

PEDAL AND PUMP - Blend of indoor cycling and sculpting formatted into 4 different intervals about 12 minutes each. Half the interval is spent on the bike, and the other half off the bike working with weights, resistance bands etc. A very motivating and challenging class that will keep the sweat rolling and the cardio high.

QIGONG (CHI KUNG) - This highly effective, ancient Chinese health maintenance system promotes relaxation, rejuvenation & re-integration! Learn simple techniques to "generate qi" (energy) & "balance your qi" by coordinating breath & movement with intention...feel better & look better from the inside out! Qigong is an excellent foundation for Tai Chi, Kung Fu & other martial arts training!

SPORTS CONDITIONING - This easy to follow class is designed to make you sweat! Workouts may include calisthenics, plyometrics and resistance training and will target heart health by targeting weight loss and muscle building.

TAI CHI - The slow & beautifully choreographed movements of this "internal martial art" bring balance & relaxation to your physical, mental, emotional & spiritual aspects. A wonderful opportunity to learn basic energy management, which can be applied to your daily routines!

TONE, BALANCE AND FLOW - Fuses sculpting, plyometrics, movement and yoga in a blend of cardio and strength. A nice dynamic warm up is followed by about 40 minutes of cardio and strength, during which all the major muscle groups are targeted. The last 15 minutes are dedicated to deep integrated stretches to open up the whole body and relax the mind.

YOGA ON THE BALL - Enjoy the benefits of Yoga and intensify torso strengthening while incorporating the use of a stabilization ball. Increase balance and body awareness in this challenging and fun class.