



*Spa*  
**WITHOUT WALLS**  
*The Fairmont Orchid, Hawaii*

*Paradise Within*

DAILY SEASIDE CLASSES

DISCOVER YOUR  
PARADISE WITHIN

## Paradise Within Schedule

### Sunday

8:00 am Daily Seaside Yoga for Beginners  
10:00 am Mid-Morning Yoga  
11:30 am Five Keys to Relaxation in Life

### Monday

8:00 am Daily Seaside Yoga for Beginners  
10:00 am Pilates for Beginners  
11:30 am AquaFit – Noodles of Fun

### Tuesday

8:00 am Daily Seaside Yoga for Beginners  
10:00 am Stress Buster: Relaxation  
11:30 am AquaFit – Water Rhythmics  
1:30 pm Awakening the Artist Within (Art)

### Wednesday

8:00 am Daily Seaside Yoga for Beginners  
10:00 am Vision & Memory Fitness  
11:30 am AquaFit – Pool Jog

### Thursday

8:00 am Daily Seaside Yoga for Beginners  
10:00 am Drawing in Nature (Art)  
11:30 am AquaFit – Water Rhythmics  
1:30 pm Hawaiian Watercolor Postcards (Art)

### Friday

8:00 am Daily Seaside Yoga for Beginners  
10:00 am Pilates for beginners  
11:30 am AquaFit – Noodles of Fun

### Saturday

8:00 am Daily Seaside Yoga for Beginners  
10:00 am Mid-Morning Yoga  
11:30 am Core Conditioning

**Art-** Fresh, fun, fearless ways to unleash your creativity.

**Daily Seaside Yoga-** Unwind your tensions.

Open up your body. Clear your head. Enjoy this moment.

**Core Conditioning-** Exercises and breathing techniques to strengthen and energize your body's core.

**Five Keys to Relaxation in Life-** Easy, time-tested ways to quiet the mind, relax the body, and renew creative spirit.

**AquaFit-** Enjoy a fun, lively, cardio lift with great music!

Add a whole new dimension to your workout. Weekdays Only.

**Pilates-** Learn the fundamentals of Pilates mat work.

**Vision & Memory Fitness-** Improve your eyesight and memory naturally and take home a toolbox of skills for life.

**Stress Buster: Relaxation-** Experience how to take the peace of Hawai'i home with you and rekindle it everyday.

\$20 per class or invest in a Paradise Within 10 class card for \$150 and share it with your friends.

Meet at the Pool for AquaFit, the Spa for 130p Art classes, and the Beach Shack for all other classes.