

Exercise and Cultural Activities Schedule

**Please sign up for the activity in the binder at the counter in the Main Lobby next to the Luau desk.
Please present your DVD Now Card. On rainy days, we will provide indoor locations for outdoor activities.*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM	Aerobics* <i>Village Green</i>	Yoga* <i>Village Green</i>	Aerobics* <i>Village Green</i>	Yoga* <i>Village Green</i>	Yoga* <i>Village Green</i>	Tai Chi* <i>Village Green</i>	Yoga* <i>Village Green</i>
9:00 AM						Hula Implements* <i>Village Green</i>	Lei Making* <i>Paradise Lounge</i>
10:00 AM		Lei Making* <i>Paradise Lounge</i>			Lei Making* <i>Paradise Lounge</i>		
11:00 AM			Ukulele Lesson* <i>Paradise Lounge</i>				Ukulele Lesson* <i>Paradise Lounge</i>
11:30 AM		Hula Lesson <i>Village Green</i>			Hula Lesson <i>Village Green</i>		
1:00 PM	Lei Making* <i>Paradise Lounge</i>			Lei Making* <i>Paradise Lounge</i>		Lei Making* <i>Paradise Lounge</i>	Games & Crafts* <i>For Keiki / Village Green</i>
2:30 PM				Hula Lesson* <i>Village Green</i>		Hula Lesson* <i>Village Green</i>	
Sundown				Movie Night			Movie Night