

Seaside Class Descriptions

Meet at the Beach Shack for seaside classes.
All ages and experience levels welcomed.
Beginners are encouraged to participate.



Seaside Yoga

Stretch and open your body, mind, spirit in the beauty of Coconut Grove. Gain greater flexibility, strength and peace of mind.

Pilates Matwork

Learn the fundamentals of Pilates mat.
A skill for your core strength in life.

Stress Buster Relaxation

Learn to take the peace of Hawaii home with you. A custom-tailored and unforgettable experience of balanced breathing, guided meditation, visualization and sharing.

Vision and Memory Fitness

Learn how to improve your eyesight and memory naturally in this fascinating mini-course. Stretch your eyes and your mind.

Seaside Meditation

Simple time-tested methods to clear and focus the mind for greater peace and well-being.

The Art of Relaxation

Conscious relaxation is one pathway to greater ease, increased energy and creative living.



Experience Art

No experience necessary
All classes are guided by local artist,
Calley O'Neill.

Drawing in Nature

Learn fearless drawing as Calley shares tips for drawing as an easy joyous mediation.
Great for beginners!
Meet at the Beach Shack

Awakening the Artist Within

Draw your own mandala on black paper with Prismacolor pencils. Part guided and the rest freestyle imagination.
Meet at the Spa

Hawaiian Watercolor Postcards

Always wished you could paint?
Learn the fundamentals of watercolor in an effortless relaxing way.
Meet at the Spa.

Aqua Fitness

Take your fitness workout into the next dimension.
Stress free, toning and healing.

AquaFitness at the Pool

An all-body pool workout.
Meet at the Pool near the Deli

AquaFitness - Noodles of Fun

A fun, lively cardio workout.
Meet at the Pool near the Deli

OceanAerobics

A whole new dimension in AquaFitness.
Uniquely filled with beauty, energy, ocean minerals, and cardio fun.
Meet at the Beach Shack.

Adult Swim Clinic

A chance to refine your stroke or learn a new one!
Meet at the Pool Shack

Swimming

Private Training for all ages and levels.
Children and Adults. By appointment.



Daily Schedule

Sunday

8am Daily Seaside Yoga
10am Seaside Meditation
1130am Aqua Fitness (Pool)

Monday

8am Daily Seaside Yoga
10am Pilates Matwork
1130am Aqua Fitness (Pool)

Tuesday

8am Daily Seaside Yoga
10am Stress Buster
1130am OceanAerobics (Beach)
130pm Awakening the Artist Within

Wednesday

8am Daily Seaside Yoga
10am Vision & Memory Fitness
1130am OceanAerobics (Beach)

Thursday

8am Daily Seaside Yoga
10am Drawing in Nature
1130am OceanAerobics (Beach)
130pm Hawaiian Watercolor Postcards

Friday

8am Daily Seaside Yoga
10am Pilates Matwork
1130am Aqua Fitness -
Noodles of Fun (Pool)

Saturday

8am Daily Seaside Yoga
10am The Art of Relaxation
1130am Aqua Fitness (Pool)
1pm Adult Swim Clinic

Private Sessions

Go deeper, go farther, learn a new skill.

**Select a 60 or 90 minute
private session.**

Bring up to seven family or friends.
All experience levels.

\$139 60-minute

\$179 90-minute

- Yoga, Meditation or Pilates
- Art– drawing and painting in Nature
- Swimming and Comfort in the Ocean
- Vision and Memory Fitness
- Healthy Home, Garden and Office



\$150 for a 10-class card or \$20/class

Purchase a 10-class card and share it with your
friends and family.

Open to guests, members and residents.

For more information,
please call The Spa Without Walls at
808-887-7540 or ext. 7540

Spa
WITHOUT WALLS
The Fairmont Orchid, Hawaii
Paradise Within



Mind Body Spirit
Fitness

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