

“WYC FIT & FABULOUS FITNESS”



ENJOY FEELING FIT & FABULOUS EVERYDAY....?

This opportunity is for YOU!

FABULOUS FACTS

Program includes: All training both on and off the water in a magical setting, expert coaching of individualized sessions tailored to make you feel and look your best, world class equipment in all watersports from kayaking, surfski, outrigger, SUP's and paddle boards. Weight training, land fitness, yoga and stretching.

This program is for anyone wanting healthy lifestyle living, fun & fitness in a friendly fabulous environment!

Times & Days:

MONDAY 5:20-6:30pm

WEDNESDAY 5:20-6:30pm

THURSDAY 5:20-6:30pm

CLASSES WILL BE ADDED ON DEMAND at others times with 4 member or more

Members of the Fit & Fabulous can also use all watermans craft with check in and out by program director.



PERSONAL TRAINING SESSIONS:

Anytime on all craft , swimming pool & NEW Member Fitness Area.

(Contact Program Director)

COST:

SQUAD

\$100 per month or \$100 for 5 session gift card.

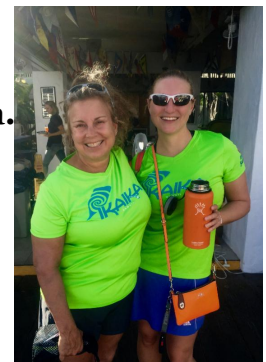
PERSONAL TRAINING:

Up to 3 people, 2x sessions:\$100

Where: Watermans Program 1599 Ala Moana Blvd, Waikiki Yacht Club.

Please contact: Coach Shelley Oates

shelley@waikikiyachtclub.com (808)388-3207



[REGISTER HERE FOR FIT & FABULOUS SQUAD OR PERSONAL TRAINING](#)