



GUIDED BEACH FITNESS WALK

WITH BEN AUERBACH

MACCABI GAMES TRACK & FIELD GOLD MEDALIST

SUNDAYS & TUESDAYS – 9 A.M. - 10 A.M.

Please Arrive at 9 a.m. – Walk Starts Promptly at 9:15 a.m.

You are invited to join the Kapalua Spa for a complimentary weekly fitness walk. Enjoy the beautiful view, fresh air and coastline of Kapalua, while staying active, engaged and healthy. Walks will take place Sunday and Tuesday mornings weekly.

Meet at the entrance to the Kapalua Spa at 9am for active stretching. Ben Auerbach, personal trainer and running expert, will host a guided fitness walk on the Kapalua Coastal Trail to Ironwoods.

Ben will provide information about the Kapalua Spa, local area, stretching, posture and foot strike. At the end of the walk, you will stretch and have a chance to finish a Q&A with Ben until 10 am. Prior to or after the walk, be sure to visit the Spa Café and Juice Bar for a delicious snack, coffee, tea, fresh juice or water.

ITEMS TO BRING:

Water Bottle • Athletic Clothing • Closed-Toe Shoes • Sunscreen • Hat • Sunglasses • Positive Attitude!

Reservations not required.

**Walks will be canceled in the case of rain or inclement weather*

100 Bay Drive, Lahaina, Hawai'i 96761
808-665-8282 • 1-866-941-5772 • info@kapaluaspa.com • kapalua.com


Kapalua Spa