

Interested in staying fit while on your vacation in Kauai?

If so, here are a few options to help with your quest.

One of the best things to do to stay active while in Kauai is to enjoy what is naturally available.

- surfing
- paddle boarding
- boogie boarding
- snorkeling/SCUBA/SNUBA
- swimming

If you want to get exercise on land there is a nice walking/running path on Hoonani Road, which runs in front of Alihi Lani. When you turn Right out of our driveway it is .3 mi to the Kukui'ula shopping center. At the end of the road you can turn right at the shopping center and follow the path in front of the shopping center for 1.6mi. If you turn left and continue on Lawai Road you have 1.3mi of path to go.

This can make for a nice walk or run and you can go make the distance as short or long as you like.

Fitness centers/gyms:

O.F.F. – Organic Functional Fitness: If you want a tough workout this is the place to go and it is right in the Kukui'ula Shopping Center. Sundeey Dillberg is an incredible, high energy fitness instructor. Sundeey doesn't just tell you what to do she does it with you and it shows.

Her classes combine cardio and strength training and stretching through a combination of running, TRX, and weights.

She offers a drop-in fee and it is best to register online in advance. She also offers personal training sessions which should be booked before you leave the mainland for your trip as her schedule is typically booked far in advance.

Check her website (<http://www.offkauai.com>) for the latest schedule, fees and online registration.

CrossFit Poipu: If the schedule at O.F.F. does not work for you or you prefer CrossFit, try CrossFit Poipu. It is located just past the roundabout on Poipu Road – in the same place as the Yellow Submarine. To get to the studio enter through the grocery store and walk to the back through the curtain.

I found this CrossFit program to be easier than most and not as challenging as the classes offered by O.F.F. However, they have more classes available.

They also offer a drop-in fee. I suggest arriving a few minutes early to sign their waiver and pay your fee.

Check their website (<http://crossfitpoipu.com>) for the latest schedule and fees.

Kauai Athletic Club: If you want the full gym experience and are willing to drive 30 minutes to Lihue Kauai Athletic Club has it all. They have free weights, machine

weights, cardio machines and classes. They also offer a drop-in fee and are open typical gym hours so you have more flexibility on when to go. Check their website (<http://www.kauaiathleticclub.com>) for the latest class schedule, fees and hours of operation.

Island Gym and Fitness: I have not personally tried Island Gym and Fitness but their website (<http://www.islandgymkauai.com>) claims it is the Garden Island's premier fitness center for all of your exercise needs. They are a 25 min drive from Poipu, have drop-in fees and daily hours. Check out their website for details.

North Shore fitness/gyms

Unless you are staying at the St. Regis or Westin, the only option for an exercise class is **FIT**. There are no independent gyms available. FIT has a limited number of classes available that utilize the FIT Method. The studio is extremely small and can only accommodate 4-5 people/class. They offer a drop-in fee. They are located upstairs in Building B of the Princeville shopping center. Building B is the one in the back and to the Right of Ace Hardware when facing the front of the shopping center. Check their website (<http://www.fitkauai.com>) for current class schedules and fees.