

## LIBERTY CALL

## the POiNT: Stay fit oceanside at the Hale Koa

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More and more people are choosing active vacations, a reflection of today's healthier and increasingly active lifestyles.

At the Hale Koa Hotel, it isn't just vacationing guests who seek out the state-of-the-art health club, but on-island residents who take advantage of this jewel of a club located at the country's finest military resort.

Tucked away on 72 lush acres of beachfront property, the POiNT Health Club at the Hale Koa Hotel is a gleaming facility, boasting state-of-the-art weight machines, the latest cardiovascular equipment, massage therapists, personal trainers, sauna, steam room and a vigorous daily class schedule.

A workout seems less of a chore when it is a power walk on a sandy beach or a water aerobics class in the open ocean.

Outdoors, the property offers oceanside racquetball and sand volleyball courts, as well as tennis courts and a jogging path marked by VitaCourse 2000 fitness stations. Health club users also have access to the adults-only Maile Pool and jacuzzi.

"In addition to an unbeatable location, we want to provide an unbeatable atmosphere. For our guests and members, we are here to create an unimposing, friendly environment where anyone at any fitness level feels comfortable working toward their fitness goals," stated Bryan Huckabee, Director of Parks and Recreation. "It is not unusual to open the doors on any given morning to enthusiastic retirees heading for the water aerobics class and active duty soldiers on temporary duty asking for the free weights. We have something for everyone."

An easy-to-use, 11-station Life Fitness electronic resistance circuit ensures that anyone can get a safe, yet challenging workout, whether they are a first-time weight trainer or an experienced bodybuilder.

Certified personal trainers are available by appointment to provide instruction on proper form and use of the machines or custom-design a new workout to meet specific fitness goals.

Access to the POiNT is complimentary for hotel guests. For other than hotel guests, access may be gained with a health club membership or by day-pass. A day-pass is offered to eligible users for \$8 per day. For those who



Photo by PH2 Chad McNealey

A workout seems less of a chore when it is a power walk on a sandy beach or a water aerobics class in the pool. Health club users also have access to the adults-only Maile Pool and jacuzzi. After a dip in the pool, members may want to visit sauna and steam room facilities. Health club benefits also include raised wood lockers, unlimited towel service, shower facilities and a complete line of grooming amenities, including soap, shampoo, conditioner and body lotion.

would like the flexibility of using the health club occasionally, a book of ten day passes may be purchased for \$50, making each visit to the POiNT only \$5.

Though many think only active duty military are eligible for membership, there are actually many others who are welcome. As part of an Armed Forces Recreation Center, the POiNT extends membership to members of the reserve and national guard, Department of Defense civilian employees and active duty family members.

Members of military organizations such as Air Force Association, Association of the United States Army, Navy League and Friends of Hickam are also eligible on a space-available basis. Memberships are \$35 per month and are offered on a month-to-

month basis.

"Our members are a loyal, fun-loving group. Both the staff and the clientele are here because they want to be. We are all doing something we strongly believe in, for our health and well-being. And that can't help but show," said Kelley Hupp, recreation manager.

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In addition to the circuit equipment, audio/visual entertainment and court reservation privileges, members are also enjoying the recently-added Stair Climber 4600 PT by Stair Master, 9500 HR Cross Trainers from

Life Fitness, 9500 HR Life Cycle by Life Fitness and the 9500 HR Treadmill by Life Fitness, all equipped with heart rate sensors. A much-requested leg press/calf machine by Life Fitness is also new to the club.

Complimentary health club use is not a common amenity at resort properties today. And, it is news to most on-island military members that they can purchase a monthly membership or a day pass.

While gyms on-base are free, working out at the Hale Koa is a great escape... and a great benefit.

For a complimentary tour of the health club or to discuss membership, visit the POiNT at 2055 Kalia Road in Waikiki.

The health club is located lobby level in the Maile Tower. Learn more at [www.halekoa.com](http://www.halekoa.com) or call 808-955-9155.



Photo by J01 Jerry Sekerak



Photo by PH2 Chad McNealey

Tennis is among the many activities that may be enjoyed by guests at the Hale Koa Hotel's the POiNT Health Club. Other outdoor activities also include oceanside racquetball, sand volleyball courts and a jogging path marked by VitaCourse 2000 fitness stations.

Getting instruction from a personal trainer on the fitness equipment is one of the many benefits offered at the POiNT Health Club.