



PERSONAL TRAINING PACKAGES

MAUNA KEA
RESORT



Move with Purpose

Personalized fitness experiences tailored to your goals, fitness level, and preferred style of movement. Whether you're maintaining your routine while traveling, seeking expert guidance, or enjoying an active experience with family and friends, our nationally certified personal trainers provide individualized coaching to help you feel your best.

Personal Training

A personalized training experience designed around your goals, fitness level, and movement needs. Each customized session may incorporate strength training, conditioning, functional movement, mobility, and other training modalities to help you move better, build strength, and feel your best.

30 MINUTES

Individual	\$100
Couples	\$160

60 MINUTES

Individual	\$175
Couples	\$280

90 MINUTES

Individual	\$240
Couples	\$380

Small Group Personal Training *3-4 Guests*

Enjoy a customized fitness experience created for families and friends. Your trainer will tailor each session to your group's goals and fitness levels while providing personalized guidance and movement modifications along the way.

60 MINUTES	\$360
90 MINUTES	\$490

Train + Restore

Elevate your wellness with a personalized training session and 30 minutes of recovery at Spa at Mauna Kea, including access to the cold plunge and hot tub to restore and recharge.

90 MINUTES

60 Minute Personal Training + 30 Minute Contrast Therapy

Individual	\$225
Couples	\$380

120 MINUTES

90 Minute Personal Training + 30 Minute Contrast Therapy

Individual	\$290
Couples	\$480

Train with confidence, recharge in paradise.

Email activities@maunakearesort.net at least 24 hours
before your preferred session to reserve your spot.
Reservations are required. All sessions are subject to availability.