

## ALOHA KAKAHIKA (GOOD MORNING)

### ACTIVITIES AND LEISURE

#### ALL PRICES SUBJECT TO SALES TAX WHEN REQUIRED BY LAW

24 Hours	<b>EXPLORE HAWAII ON THE WORLD WIDE WEB.</b> Still looking for things to do on the islands?? Come to the Internet Café on Deck 7 and research things to do on the Big Island and Maui: Research local attractions, check the weather or rent a car on-line. All this and more are available to you 24 hours a day at the Internet Café.	
24 Hours	<b>GYMNASIUM &amp; FITNESS CENTER</b>	Fitness & Aerobics Center, Deck 11, Fwd
Continuous	<b>Information on all your upcoming ports of call.</b>	Stateroom TV, Channel 24
Continuous	<b>Video: "Hawai'i" The Big Island, Land of Destiny</b>	Kumu Cultural Center, Deck 7, Mid
Continuous	<b>Pride of Aloha Safety Video</b>	Stateroom TV, Channel 27
Morning-Noon	<b>"Good Morning Aloha" with your Cruise Director, Clint</b>	Stateroom TV, Channel 30
7:00am-9:30am	<b>SHORE EXCURSION DESK is OPEN</b>	Aloha Atrium, Deck 5, Mid
8:00am	<b>Freestyle Jog a mile/Walk a mile (3.5 laps is 1 mile)</b>	Promenade, Deck 6
8:00am-10:00pm	<b>MANDARA SPA &amp; SALON is OPEN</b> - Benefits from the Sea: Mandara Spa, Deck 11, Fwd Our Aroma Spa Ocean wrap includes an ocean blend detoxification wrap, followed by a 20 minute Massage, for only \$143. You deserve to feel THIS good!	
8:00am-11:00am	<b>GALLERIA GIFT SHOP is OPEN</b> Go to Friday's Luau in style. Shop Tori Richards, the leading designer of resort casual wear!	Galleria Gift Shop, Deck 7, Aft
8:00am	<b>Step Aerobic</b> - beginner to intermediate level -- \$10	Fitness Center, Deck 11, Fwd
8:00am-11:00am	<b>First Wave</b> - Bloody Mary's & Screwdrivers \$5.25 served in an 8 oz. Glass.	All Open Bars
8:30am	<b>Talk Story with your Hawaiian Ambassador</b> Join <i>Malu</i> as she talks about the Port we are visiting today!	Kumu Cultural Center, Deck 7, Mid
9:00am	<b>WELCOME TO HILO!!</b> Remember to carry your Pride of Aloha guest Key Card and a photo I.D. ashore. If you are on a Shore Excursion, please refer to your tour ticket for the meeting time and location. <i>All Aboard for guests is at 5:30pm.</i> Enjoy your day!	
9:00am	<b>PILATES</b> with your Fitness Staff Take advantage of this core strengthening class through mat exercises!-- <i>Complimentary</i>	Fitness Center, Deck 11, Fwd
9:00am Continuous	<b>FREE Shuttle to Hilo Hattie</b> <i>The Store of Hawaii</i>	On the Pier
Upon Arrival	<b>Port and Cruise Consultant</b> - Questions about Hilo? Ask <i>Grant</i> on the Gangway.	Gangway
10:00am-Noon	<b>Library is open</b> for book, card and game check out.	Library, Deck 6, Aft

## ALOHA AUINALA (GOOD AFTERNOON)

3:00pm	<b>Hula Class</b> with your Hawaiian Ambassador, <i>Malu</i>	Outrigger Lounge, Deck 11, Fwd
3:00pm	<b>Fine Art Enrichment Lecture</b> with <i>Dr. Lida Chase</i> "Images of An Earthly Paradise: Viewing fine art about Hawaii throughout history"	Kauai Room in the Library, Deck 6, Aft
4:00pm	<b>HAWAIIAN ARTS &amp; CRAFTS</b> Make <i>Ribbon Weave Leis</i> with Hawaiian Ambassador, <i>Malu</i> . <i>*Class will start on time. Due to time restraints, late-arriving guests cannot be accommodated.</i>	Outrigger Lounge, Deck 11, Fwd
4:00pm-6:00pm	<b>Library is open</b> for book, card and game check out.	Library, Deck 6, Aft
4:00pm-9:00pm	<b>SHORE EXCURSION DESK is OPEN</b> If the desk is closed, please use the DROP-BOX for Reservations or Cancellations.	Aloha Atrium, Deck 5, Mid
4:00pm	<b>Ping-Pong Tournament</b> with your <i>Cruise Director's Staff</i> .	Pool Deck, Port, Deck 11, Fwd
4:00pm	<b>"Hawaiian Colorful Coral Reef Fish"</b> with <i>Josh Whitmer</i> from the <i>Pacific Whale Foundation</i> .	Kauai Room in the Library, Deck 6, Aft
4:30pm	<b>SPORTS TRIVIA</b> with your <i>Cruise Director's Staff</i> .	Longboard Bar, Deck 11, Aft

### ***Kona is world renowned for great golfing.***

Stop by the Golf Hawai'i Shop to find out about the great golf courses available tomorrow in Kona:

\* *Golf Mauna Lani Resort*

\* *Hapuna Course*

\* *Golf Big Island Country Club*

The Golf Hawai'i Shop is located on Deck 7, Midship.