

BUTTS & GUTS

WITH DR. MICHAEL LUAN

CONNECT TO YOUR CORE & MORE

- TIGHTER TUSH
- SEXIER ABS
- CORE STABILIZATION
- ATHLETIC TONED BODY
- CARDIOVASCULAR ENDURANCE
- IMPROVE AGILITY

Join Dr. Michael, a premier movement specialist and IDEA health & fitness trend spotter, in a heart pumping, fun, and cutting edge class that tones your glutes and turns your abs fab!

GUEST TEACHER VISITING HAWAII

2 SUNDAYS: SEPTEMBER 9TH & 16TH



HONOLULU
CLUB

12:30-1:30 PM

HONOLULU CLUB, STUDIO 1

\$15 MEMBERS, \$20 NON-MEMBERS



*PRE-REGISTRATION REQUIRED. TO REGISTER & PAY, VISIT THE HOSPITALITY DESK.

FOR MORE INFORMATION CALL 808.543.3900

EXTENDED!



DR. MICHAEL LUAN

BODY COMMUNICATIONS COACH | CONSULTANT | SPEAKER

Doctor of Chiropractic

Masters in Acupuncture and Oriental Medicine

Instructor of Integrative Movement & Biomechanics

WWW.MICHAELLUAN.COM INFO@MICHAELLUAN.COM 1.888.215.7270

ROCK & ROLL RELEASE

WITH DR. MICHAEL LUAN

FOAM ROLLER WORKOUT CLASS

- GAIN CORE STRENGTH
- INCREASE COORDINATION
- RELEASE MUSCLE TENSION
- IMPROVE FLEXIBILITY
- IMPROVE BALANCE
- DEFINE BODY AWARENESS

Join Dr. Michael, a premier movement specialist and IDEA health & fitness trend spotter, in a completely NEW CORE WORKOUT designed to condition and maintain the body.

GUEST TEACHER VISITING HAWAII

3 MONDAYS: SEPT 10TH, 17TH, & 24TH

5:00-6:00 PM

HONOLULU CLUB, STUDIO 2

\$15 MEMBERS, \$20 NON-MEMBERS



*PRE-REGISTRATION REQUIRED. TO REGISTER & PAY, VISIT THE HOSPITALITY DESK.

FOR MORE INFORMATION CALL 808.543.3900

EXTENDED!



DR. MICHAEL LUAN

BODY COMMUNICATIONS COACH | CONSULTANT | SPEAKER

Doctor of Chiropractic

Masters in Acupuncture and Oriental Medicine

Instructor of Integrative Movement & Biomechanics

WWW.MICHAELLUAN.COM INFO@MICHAELLUAN.COM 1.888.215.7270

FREE SPECIAL EVENTS

WITH DR. MICHAEL LUAN

ANOTHER VIEW OF DIET & EXERCISE

- What does a healthy weight-loss routine look like?
- Why should I strengthen my core?
- How can I boost my metabolism?
- Why do I crave sugary foods?
- How do I fuel my body when stressed?
- Will the fat in food make me FAT?

Wed. September 5th, 12:00-12:45pm

Honolulu Club, Studio 1

PROSPER THROUGH POSTURE STAND TALL AND TAKE THE LEAD

- Does posture impact my health?
- How can I look and feel in charge with my posture?
- How can I gain respect and be taken seriously by others?

Wed. September 12th, 12:00-12:45pm

Honolulu Club, Studio 1

STRENGTH TRAINING FOR THE MIND

- Can I improve my mental fitness through exercise?
- Why do I get overwhelmed with too much information?
- How can I improve my attention and ability to focus?

Wed. September 19th, 12:00-12:45pm

Honolulu Club, Studio 1

OPEN TO MEMBERS & NON-MEMBERS



DR. MICHAEL LUAN

BODY COMMUNICATIONS COACH | CONSULTANT | SPEAKER

Doctor of Chiropractic

Masters in Acupuncture and Oriental Medicine

Instructor of Integrative Movement & Biomechanics

WWW.MICHAELLUAN.COM INFO@MICHAELLUAN.COM 1.888.215.7270



ROLLING OFF THE POUNDS

WITH DR. MICHAEL LUAN

UNDERSTANDING WEIGHT LOSS AND HOW TO KEEP IT OFF

- EFFECTIVE EXERCISES
- MINDFUL EATING
- NUTRITION STRATEGIES
- CARDIOVASCULAR WORK
- CORE CONNECTION
- SLEEP QUALITY

Join Dr. Michael in this fun, interactive, educational experience that empowers those who want to take control of their weight and body image.

GUEST TEACHER VISITING HAWAII

SUNDAY, SEPTEMBER 16TH

2:00-4:00 PM

HONOLULU CLUB, STUDIO 1

FEE: \$30 MEMBERS, \$40 NON-MEMBERS

*PRE-REGISTRATION REQUIRED. TO REGISTER & PAY, VISIT THE HOSPITALITY DESK.

FOR MORE INFORMATION CALL 808.543.3900



BIO

Dr. Michael Luan, D.C. is a Body Communications Coach, Consultant, & Speaker.

Dr. Michael is a Doctor of Chiropractic, holds a Masters in Acupuncture & Oriental Medicine and a Bachelor of Science in Biomedical Engineering from USC. He has studied various forms of martial arts for sixteen years and holds a black belt in Ashihara Karate. His other qualifications include: sports training, peak performance, body rolling, mind/body modes, rehabilitation, body patterning, yoga and teacher training. Dr. Michael is a corporate consultant for numerous organizations across the country, regular speaker at UC Santa Barbara, and an advisor for various learning programs.



DR. MICHAEL LUAN

BODY COMMUNICATIONS COACH | CONSULTANT | SPEAKER

Doctor of Chiropractic

Masters in Acupuncture and Oriental Medicine

Instructor of Integrative Movement & Biomechanics

WWW.MICHAELLUAN.COM INFO@MICHAELLUAN.COM 1.888.215.7270