

FOR IMMEDIATE RELEASE

Queen Kapiolani

HOTEL
WAIKĪKĪ BEACH

HEART BEATS: GET YOUR HEART PUMPING WITH HIGH INTENSITY INTERVAL TRAINING AT THE QUEEN KAPI`OLANI HOTEL "BREATHE" FITNESS EVENT



HONOLULU, HI -- (Tuesday, February 5, 2019) – The BREATHE Fitness event at the Queen Kapi'olani Hotel will feature professional fitness practitioner Maria Chase for a heart-pumping High Intensity Interval Training event on Monday, February 18, 2019 at 8 a.m.

BREATHE is a pop up health-and-fitness event at the newly renovated Leahi Lanai located on the hotel's 3rd floor. BREATHE spotlights some of Hawai'i's favorite fitness practitioners and go-to-gurus at Waikiki's newest lifestyle hotel. The open-air venue provides a stunning backdrop for fitness, brunch and more with panoramic views of Diamond Head and Waikiki! The cost for attendance is \$25 and includes a QKH water bottle and an après workout fresh cold-pressed juice. Stay for brunch, champagne specials and the sounds of Aloha Got Soul from 9 a.m. to noon.

A portion of the proceeds will benefit Aloha Cancer Project.

Event Information:

- Where:** **Queen Kapi'olani Hotel**
150 Kapahulu Avenue Honolulu, Hawaii 96815
3rd Floor, Leahi Lanai.
- When:** **Monday, February 18, 2019 at 8:00 a.m., Check-in at 7:45 a.m.**
- HIIT:** **8:00 a.m.**
- Mat:** Available for rent (\$5) or bring your own
- Parking:** **\$3 Validated Parking valid for up to 2 hours**
\$1 per hour at the Honolulu Zoo
- Lyft Ride:** **Catch a Lyft and utilize one of the Hotel's promotional offers:**
New Lyft User (\$20 in ride credits)
QKHOTEL
Existing Lyft User (20% off next 2 rides)
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About Queen Kapi'olani Hotel

The Queen Kapi'olani Hotel, Waikiki Beach is uniquely positioned where the majestic Diamond Head National Monument meets celebrated Waikiki Beach. The newly renovated, full-service resort offers 315 inviting and comfortable guest rooms and suites, and plentiful amenities that cater to leisure and business travelers including dining, resort shops, a pool and state-of-the-art fitness center. With quintessential landmarks at its doorstep, the Queen Kapi'olani offers stunning views of Diamond Head and is steps away from hiking, biking, surfing, paddle boarding and exploring the island of O'ahu. Embracing the local lifestyle, the Queen Kapi'olani offers unique on site activities and supports the local community as well as environment. Inspired by its namesake, the hotel strives for excellence as Queen Kapi'olani's motto in life was, "Kūlia i ka nu'u," which means "Strive to reach the highest." For reservations and information, visit www.queenkapiolani.com, email reservations@queenkapiolani.com or phone #1-800-533-6970 .

About Maria Chase

Maria Chase is an IFBB Professional athlete that competes nationally alongside the best in the industry. The same work ethic, determination and drive that fuels every one of her life's endeavor, is what earned her a coveted Pro card on her 4th completion and very first national show. Maria enjoys sharing her passion and empowering friends and clients through health and fitness. She is a certified BarreAmped instructor and Health Coach. Maria believes success in all areas of life can be reached through a healthy and fit lifestyle, she strives to exemplify that every day. For more information visit [@mariachase_](https://www.instagram.com/mariachase_).

About Aloha Cancer Project

Aloha Cancer Project was founded by friends Christa Wittmier and Daniel Gray after being diagnosed with Stage 4 Cancer. They both subsequently lost their battles with cancer but setup this organization with the hope of helping those who are newly diagnosed. Aloha Cancer Project is dedicated to helping people deal with cancer by facing it with aloha and to support the changed lifestyle that comes with this commitment. For more information visit <https://www.facebook.com/AlohaCancerProject/>.

High-resolution photos and interviews upon request.

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