

monday

| | | |
|--------|------------------------|---------|
| 7:30am | BEACH SPIN | CHELSEA |
| 8:30am | SPIN CARDIO FUSION | TERRI |
| 8:30am | YOGA ON THE BEACH | CHELSEA |
| 9:30am | TRX/SPIN CARDIO FUSION | TERRI |
| 5:00pm | YOGA | CHELSEA |

tuesday

| | | |
|----------|------------------------|---------|
| 7-7:25am | TRX | TERRI |
| 7:30am | BEACH SPIN | CHELSEA |
| 7:30am | CORE CONDITIONING | TERRI |
| 9:30am | TRX BOOTCAMP | TERRI |
| 5:30pm | TRX/SPIN CARDIO FUSION | TERRI |

wednesday

| | | |
|--------|-----------------|---------|
| 7:30am | BEACH SPIN | DONOVAN |
| 7:30am | YOGA STRETCH | DANELL |
| 8:30am | CIRCUIT | MICCA |
| 9:30am | TRX/SPIN FUSION | TERRI |
| 5:00pm | YOGA | MARY |

thursday

| | | |
|---------|------------------------|---------|
| 7:30am | BEACH SPIN | LIZ |
| 7:30am | CORE CONDITIONING | CHELSEA |
| 8:30am | CIRCUIT/SPIN FUSION | CHELSEA |
| 9:30am | FOAM ROLLING | DANELL |
| 10:30am | YOGA ON THE BEACH | DANELL |
| 5:30pm | TRX/SPIN CARDIO FUSION | TERRI |

friday

| | | |
|---------|-------------------|---------|
| 7:30am | BEACH SPIN | VANESSA |
| 7:30am | YOGA FOR STRENGTH | DANELL |
| 8:30am | SUPER SPIN | CHELSEA |
| 10:00am | TRX | TERRI |

saturday

| | | |
|---------|---------------------|---------|
| 8:00am | YOGA ON THE BEACH | DANELL |
| 8:30am | BEACH SPIN | CHELSEA |
| 9:15am | CIRCUIT/SPIN FUSION | TERRI |
| 10:30am | ZUMBA | CHELSEA |

sunday

| | | |
|--------|-------------------|---------|
| 8:00am | YOGA ON THE BEACH | DANELL |
| 8:30am | BEACH SPIN | CHELSEA |
| 9:30am | TRX | TERRI |

class descriptions

BEACH SPIN A unique beachfront spin class featuring a 45-min workout led by San Diego's best instructors through Beats by Dre headphones with invigorating tunes. Get your day off to a productive start. **(FEES APPLY)**

CORE CONDITIONING This class emphasizes the importance of overall core strength in not only the abdominals, but also the lower back, hips and glutes with quality exercises geared towards overall core strengthening.

CIRCUIT Several stations including resistance, balance and cardiovascular work, for a fun, high energy challenge that utilizes a variety of equipment, including free weights, resistance bands, exercise balls, jump ropes, spin bikes and medicine balls.

CIRCUIT/SPIN FUSION A vigorous workout of intense spin for cardio and circuit training to keep your heart rate up! Your instructor will transition you from bikes to alternative exercise equipment such as Bosus, balls, weights, bars, and TRX for an extreme, fun-filled workout.

FOAM ROLLING This manual therapy is aimed at relaxing, lengthening and ironing out muscles while improving blood flow and lymphatic circulation.

MERMAID FITNESS An exciting 45 minute water aerobics class fusing swimming, core, cardio, and strength training set to upbeat music in colorful mermaid tails! Tales are also available for men and all participants must wear proper swimwear underneath their tail. **(FEES APPLY)**

PIYO STRENGTH Increases flexibility, balance, core stability, agility and overall strength using Yoga and Pilates inspired movements and blends barefoot athletic training and stretch to burn calories and build muscle.

SPINNING A non-impact, individually paced, noncompetitive, group training system designed for all riders and fitness levels, using spinning bikes, music and visualization techniques. The ride will last 40-50 minutes followed by abdominal toning and stretching.

SUPER SPIN A dynamic workout of intense spin for cardio, and circuit training to keep your heart rate going. Your instructor will take you on a challenging stationary cycle class, and transition you into weights and resistance training for total toning.

TRX A suspension training workout of total body resistance exercises, incorporating gravity, body weight and angles to build and maintain muscle mass, core and flexibility. Equipment such as Bosu, bikes, bands, weights and balls may be included.

TRX/SPIN CARDIO FUSION This fast paced cardio class uses the spin bikes and the TRX in an interval workout that will have you jumping off the bike, onto the TRX and back on the bikes so fast, it will make your head spin. Don't worry, the abs will not be forgotten!

YOGA Yoga postures and breathing revitalizes the body physically, mentally and spiritually, increases muscle tone, improves flexibility and concentration, detoxifies vital organs and induces a state of deep relaxation.

YOGA STRETCH/FOR STRENGTH Yoga Stretch focuses on breath, muscle release and increased flexibility through gentle movement. Yoga for Strength increases flexibility while building and challenging strength that will definitely demand attention.

ZUMBA A high energy cardio workout that includes Latin and other international rhythms with easy to follow choreography such as Salsa, Merengue, Bellydance, Cumbia, and Hip Hop for any fitness level.

Reservations required for all classes; limited space available. Be mindful of those on the waiting lists. Cancellations must be made 4+ hours prior to class time or incur a \$10 fee for late cancellations/no shows. Please call Del Services (0) to make class reservations.

- Please arrive 5 minutes prior to start time. Due to limited space and wait lists, late arrivals will not be accommodated. We appreciate your thoughtfulness!
- All beach classes will meet at the Fitness Center
- Please remember to bring sunscreen and water

PRIVATE FITNESS



chelsea wilson
713.870.5031
chelsealovesfitness@gmail.com

private/small group classes:
PERSONAL TRAINING • SPIN & SUPER SPIN
YOGA • ZUMBA • PIYO STRENGTH

specialties:
BOSU ball & spin circuit training for weight loss;
Functional training with emphasis on balance and core.



mary farley
415.652.9767
mivfarley@gmail.com

private/small group classes:
PRIVATE YOGA • BEACH YOGA • STUDIO YOGA
FAMILY BEACH YOGA • FITNESS WALKS

specialties:
Family yoga - for all ages! Prenatal yoga and strengthening yoga
for seniors.



micca bucey
619.320.4926
miccafi@yahoo.com

private/small group classes:
PERSONAL TRAINING • TRX • HIIT • ZUMBA
STRENGTH TRAINING • SPIN • KICKBOXING

specialties:
High Intensity Interval Training (HIIT) for weightloss and total
body strength, TRX with an emphasis on mobility training, and
athletic conditioning.



vanessa del rosario
619.991.4150
delrosario.amv@gmail.com

private/small group classes:
PERSONAL TRAINING • YOGA
PILATES • BARRE • & MORE

specialties:
Vanessa is a yoga, Pilates, spin and barre instructor. She loves
to mix her knowledge of these different areas to create fun and
innovative workouts, and enjoys seeing clients get stronger and
more confident.



cynthia mendolia
619.495.8646
cmendolia1@gmail.com

private/small group classes:
PERSONAL TRAINING
YOGA • PILATES PLUS • BODY SCULPT • TRX

specialties:
Combining different dynamic and challenging exercise
disciplines that incorporate fundamental strength, flexibility,
balance exercises designed to help increase mental and
physical endurance.



terri stacy
619.519.9293
natonatv@yahoo.com

private/small group classes:
PERSONAL TRAINING * SPIN & SUPER SPIN
TRX • BOOTCAMP • PILATES • ZUMBA
CORE CONDITIONING/BODY SCULPT

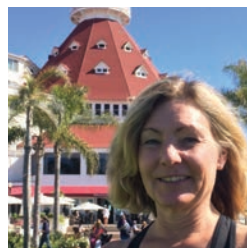
specialties:
Certified NAFC Personal Trainer, specializing in high intensity
interval training using different equipment such as TRX, BOSU
and weights.



donovan soriano
909.539.8988
donovansoriano@gmail.com

private/small group classes:
SPIN, BOTH INDOOR & BEACH • YOGA

specialties:
Donovan is a master at the art of spin. He utilizes his positive
vibes, passion, motivating tunes, and innovative choreography
to turn your average spin class into a sweat-inducing, feel
good party.



danell dwaileebe
619.787.7566
omayogi@hotmail.com

private/small group classes:
PRIVATE YOGA • RESTORATIVE YOGA
BEACH YOGA • FAMILY BEACH YOGA
FITNESS WALKS • FOAM ROLLING

specialties:
Danell has been teaching yoga in Coronado, CA since 2004.
She believes yoga wakes us up to life. It's a practice that takes
place on a mat and spills over into daily life. There is no better
place to experience yoga than with Danell on the beach, under
the sun, at the edge of the sea!