

## monday

7:30am	BEACH SPIN	CHELSEA
8:30am	CIRCUIT/SPIN 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 FUSION	TERRI
7:30am	BEACH SPIN	CHELSEA
7:30am	CORE CONDITIONING	TERRI
9:30am	TRX FUSION	TERRI
10:30am	YOGA ON THE BEACH	MARY
5:30pm	TRX/SPIN CARDIO FUSION	TERRI

## wednesday

7:30am	BEACH SPIN	DONOVAN
7:30am	YOGA STRETCH	DANELL
8:30am	SCULPT + TONE	JEN
9:30am	TRX/SPIN CARDIO 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	CHELSEA
7:30am	YOGA FOR STRENGTH	DANELL
8:30am	SUPER SPIN	CHELSEA
10:00am	TRX FUSION	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 FUSION	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/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)**

**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 FUSION** 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.

**SCULPT + TONE** A high-intensity workout which incorporates resistance, strength and cardiovascular work, utilizing a variety of equipment, including free weights, resistance bands, exercise balls, kettlebells, and body bars.

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

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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.

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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.

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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.

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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.

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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.

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terri stacy  
619.519.9293  
nadonatv@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.

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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!