

FITNESS SCHEDULE

WINTER 2021

All classes are complimentary for hotel guests and \$25 for non-guests. Reservations are required.
For reservations dial "0" on your room phone, text 619.535.8705, call 619.435.6611 or visit hoteldel.com/events

MONDAY

7:30 am BEACH SPIN Molly

TUESDAY

7:30 am BEACH SPIN Chelsea

WEDNESDAY

7:30 am BEACH SPIN Chelsea

THURSDAY

7:30 am BEACH SPIN Chelsea

FRIDAY

7:30 am BEACH SPIN Chelsea

9:00 am BEACH SPIN Molly

10:00 am SUNRISE YOGA Mary

SATURDAY

7:30 am BEACH SPIN Chelsea

8:00 am SUNRISE YOGA Mary

9:00 am BEACH SPIN Molly

SUNDAY

7:30 am BEACH SPIN Molly

8:00 am SUNRISE YOGA Mary

9:00 am BEACH SPIN Molly

DESCRIPTIONS

BEACH SPIN

A beachfront spin class overlooking the Pacific featuring a 45-min workout led by San Diego's best instructors through headphones with invigorating tunes.
(Monthly Spin Pass: \$250 – reservations for each date required)

SUNRISE BEACH YOGA

A fun and informal way to experience the healing benefits of yoga with the ocean waves by your side. In this inclusive flow style class, we will breathe, stretch, strengthen and explore our postures in the relaxing and energizing setting of the beach.

CHECK IN

Please arrive at least 10 minutes before your class.
Check in locations are listed below.

Beach Yoga: Check in at Member Platform past Del Beach hut. Class takes place on the beach by lifeguard tower 3C.

Beach Spin: Check in at Paseo North along the main boardwalk.

SAFETY GUIDELINES

All attendees must sign a waiver before their class.

All attendees must wear face masks before and after attending their class. All attendees must abide by 6 feet social distancing guidelines at all times.

*Private fitness training available upon request