

Fitness Schedule

619.435.6611 | hoteldel.com | open 24 hours daily

FALL 2019

monday

| | | |
|--------|------------------------|---------|
| 6:00am | CLUB MEMBER SPIN | CHELSEA |
| 7:30am | BEACH SPIN | CHELSEA |
| 7:30am | B STRONG | TERRI |
| 7:30am | BEACH SPIN | CHELSEA |
| 8:00am | BEACH MEDITATION | RAQUEL |
| 8:30am | SPIN/CIRCUIT FUSION | TERRI |
| 8:30am | YOGA ON THE BEACH | CHELSEA |
| 9:30am | TRX/SPIN CARDIO FUSION | TERRI |
| 5:00pm | CANDLELIGHT BEACH YOGA | CHELSEA |

tuesday

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|----------|----------------------------|---------|
| 6:00am | CLUB MEMBER SPIN | CHELSEA |
| 7-7:25am | TRX | TERRI |
| 7:30am | BEACH SPIN | CHELSEA |
| 7:30am | CORE CONDITIONING | TERRI |
| 8:00am | YOGA ON THE BEACH | AMY |
| 8:30am | MEMBER SPIN/CIRCUIT FUSION | TERRI |
| 9:30am | TRX/FUSION | TERRI |
| 10:30am | PILATES/CORE FUSION | CHELSEA |
| 5:30pm | TRX/SPIN CARDIO FUSION | TERRI |

wednesday

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|---------|--------------------|---------|
| 6:00am | CLUB MEMBER SPIN | CHELSEA |
| 7:30am | BEACH SPIN | JEN |
| 7:30am | STRETCH CLASS | AMY |
| 8:30am | SCULPT + TONE | JEN |
| 9:30am | TRX/SPIN FUSION | TERRI |
| 10:30am | SWEAT/RESTORE YOGA | RAQUEL |
| 5:00pm | BEACH YOGA FLOW | MARY |
| 6:00pm | YIN YOGA CHILL | MARY |

thursday

| | | |
|---------|------------------------|---------|
| 6:00am | CLUB MEMBER SPIN | CHELSEA |
| 7:30am | BEACH SPIN | LIZ |
| 7:30am | CORE CONDITIONING | CHELSEA |
| 8:00am | MEDITATION/YIN YOGA | RAQUEL |
| 8:30am | CIRCUIT/SPIN FUSION | CHELSEA |
| 9:30am | FOAM ROLLING | RAQUEL |
| 10:30am | YOGA ON THE BEACH | AMY |
| 5:30pm | TRX/SPIN CARDIO FUSION | TERRI |

friday

| | | |
|---------|----------------------|---------|
| 6:00am | CLUB MEMBER SPIN | CHELSEA |
| 7:30am | BEACH SPIN | CHELSEA |
| 7:30am | YOGA FOR STRENGTH | AMY |
| 8:00am | MERMAID FITNESS | MOLLY |
| 8:30am | SPIN | CHELSEA |
| 9:30am | TRX FUSION | TERRI |
| 10:30am | OUTDOOR FITNESS WALK | TERRI |
| 10:30am | FAMILY BEACH YOGA | MARY |

saturday

| | | |
|---------|--------------------------|---------|
| 7:00am | CLUB MEMBER CIRCUIT/SPIN | TERRI |
| 8:00am | YOGA ON THE BEACH | MARY |
| 8:00am | MERMAID FITNESS | MOLLY |
| 8:30am | BEACH SPIN | CHELSEA |
| 9:15am | CIRCUIT/SPIN FUSION | TERRI |
| 10:30am | PILATES/CORE FUSION | CHELSEA |

sunday

| | | |
|--------|-------------------|------|
| 8:00am | YOGA ON THE BEACH | MARY |
| 8:00am | SCULPT + TONE | JEN |
| 8:30am | BEACH SPIN | LIZ |
| 9:45am | TRX | LIZ |
| 5:00pm | BEACH YOGA NIDRA | MARY |

class descriptions

BEACH MEDITATION/ YIN YOGA This class is half yin yoga & half meditation. We prepare the body for meditation by moving through a supportive, slow moving and relaxing yin postures. The yin practiced will help you to connect to your direct experience enhancing your presence and receptivity, preparing you for breath work & meditation.

BEACH SPIN An inDELible beachfront spin class overlooking the Pacific featuring a 45-min workout led by San Diego's best instructors through headphones with invigorating tunes. **(FEES APPLY)**

B STRONG A corecentric, full-body workout which includes diverse equipment that starts with a B! Bars, bands, BOSU, balls, and battle ropes – this experience is structured to be both fun and strengthening!

BEACH YOGA FLOW A fun and informal way to experience the healing benefits of yoga and Mother Nature. In this inclusive flow style class, we will breathe, stretch, strengthen and explore how exciting our postures can be when done on the sand in the relaxing and energizing setting of the beach.

BEACH YOGA NIDRA Nidra is a unique guided meditation done in supported corpse pose that helps to quiet the overactive mind and unwind the nervous system. Class begins with gentle meditative movement to prepare you to settle into the sand and into a deep state of relaxation to release sources of tension and anxiety in this extremely healing practice.

CANDLELIGHT BEACH YOGA Candlelight Yoga is a soothing, yet strengthening Hatha flow using soft candlelight, rejuvenating postures, and deep relaxation to refresh your body and mind.

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.

FAMILY BEACH YOGA All ages and levels come together to experience this joy-filled playful practice, from grandparents to infants and everyone in between. Family beach yoga is a fun and engaging class that incorporates traditional yoga poses, breathing exercises, and relaxation techniques in mother nature's "yoga studio" on the beach.

FOAM ROLLING This manual therapy is aimed at relaxing, lengthening and ironing out muscles while improving blood flow and circulation. A deep self-massage using a foam roller, tennis balls and a variety of stretches.

MEDITATION Practice concentrated focus on breathing, movements and attention itself in order to reduce stress and increase awareness of the present moment. This is centered around promoting relaxation and enhancing personal and spiritual growth.

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. Participants must wear proper swimwear underneath their tail. **(FEES APPLY)**

PILATES/CORE FUSION Create strength from the inside out starting with your core. This class fuses Pilates and yoga to help develop balance, flexibility, core conditioning, and total body toning. All levels welcome.

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 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!

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.

SWEAT & RESTORE BEACH YOGA You will be led through 30 minutes of sweaty all-level vinyasa, with a smooth transition from high energy flow into cooling, meditative movement. After the warming flow, you will be guided into 20 minutes of relaxing, restorative poses to sweetly supported muscle opening, tension release, and surrender, sending you into a totally blissful final rest (savasana).

YOGA FOR STRENGTH An all levels yoga class designed to open up your body and leave you feeling strong. Selected poses both lengthen and tone your muscles for a feel-good workout.

YIN YOGA CHILL A slow-paced style of yoga that targets the body's connective tissues. Passive poses are held longer to increase circulation and flexibility as well as cultivate mental focus and inner silence. Consider following your Beach Yoga Flow with Yin Yoga Chill, some Yin for your Yang!

STRETCH CLASS Focus on breath, muscle release, improve flexibility and posture through gentle movement and stretches.

Dial '0' on your hotel phone to make class reservations (private classes can be also arranged with advance request).

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.

Cancellations must be made 4+ hours prior to class time or incur a \$10 fee for late cancellations/no shows.