Fitness Schedule
619.435.6611 | hoteldel.com | open 24 hours daily
F A L L 2019

Class Descriptions

BEACH MEDITATION/YIN YOGA This class is half yin yoga & half meditation. We’ll support 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 invigorating 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 supportive, relaxing poses that helps to activate the over-active 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 BOSU, 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 natures “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, bands, weights and balls may be included.

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 stretches.

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

Class Timetable

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

Tuesday

6:00am CLUB MEMBER SPIN CHELSEA
7:30am TRAX TERRI
7:30am BEACH SPIN CHELSEA
7:30am CORE CONDITIONING TERRI
8:00am YOGA ON THE BEACH AMY
8:30am MEMBER SPIN/CIRCUIT FUSION CHELSEA
9:30am TRX/FUSION TERRI
10:45am PILATES/CORE FUSION CHELSEA
5:30pm TRX/SPIN CARDIO FUSION TERRI

Wednesday

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
8:30am 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

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.
Beach Game Activities
DAILY | 1:00PM – 6:00PM

DAILY ACTIVITIES

**Tug of War**
2:00pm, 3:00pm, 4:00pm, 5:00pm

**3 Legged Race**
1:30pm, 3:30pm, 5:30pm

**Relay Races**
2:30pm, 4:30pm

Corn hole and Can Jam will be laid out for people to enjoy at their leisure!

Sign up with the attendant on duty.
Kid’s heat will begin first, then an adult heat will follow.