

# FITNESS SCHEDULE

Winter 2021

Reservations required: Dial "0" on your room phone, text 619.535.8705, call 619.435.6611 or visit [hoteldel.com/events](http://hoteldel.com/events)

## MONDAY

6:00 am	Member's Spin	Liz
7:30 am	Beach Spin	Liz
8:30 am	TRX/Circuit Fusion	Danijela

## TUESDAY

7:30 am	Beach Spin	Chelsea
8:30 am	Restore to Flow Yoga	Chelsea
8:00 am	Paddle Board Yoga	Amy

## WEDNESDAY

7:30 am	Beach Spin	Chelsea
9:00 am	Member's TRX Circuit	Chelsea
10:00 am	Pilates/Core Fusion	Amy

## THURSDAY

7:30 am	Beach Spin	Danijela
8:30 am	50 Minute Core Boot camp	Danijela
9:00 am	Meditation	Amy

## FRIDAY

6:00 am	Member's Spin	Molly
7:30 am	Beach Spin	Molly
8:00 am	Paddle Board Yoga	Lacey
5:00 pm	Candlelight Yoga	Mary

## SATURDAY

7:30 am	Beach Spin	Chelsea
8:30 am	30 Minute Total Body Boot Camp	Chelsea
8:30 am	Beach Yoga	Mary

## SUNDAY

7:30 am	Beach Spin	Molly
8:00 am	30 Minute Balance and Stability Boot Camp	Lacey
10:00 am	Beach Yoga	Mary

## CHECK IN

Please arrive at least 10 minutes before your class.

## SAFETY GUIDELINES

All attendees must sign a waiver before their class.

## PRIVATE FITNESS

1 hour training for 1 - 2 guests: \$100

1 hour training for 3 - 5 guests: \$175

1 hour training for 6 - 8 guests: \$250

## DESCRIPTIONS:

### Beach Spin

This favored experience overlooking the Pacific features a 45-min workout led by San Diego's best instructors with invigorating tunes and an even better view. **\$25 per person – Paseo Lawn**

### 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. **(Complimentary) – Windsor Beach Platform**

### Candlelight Yoga

Relax, unwind and let your busy day melt away by candlelight. Flow through a sequence designed to improve strength and flexibility while decreasing stress and "mind clutter". Soothing music bolsters and blocks add support allowing you to surrender completely into a guided savasana. **(\$25 per person) – Fitness Studio**

### Paddle Board Yoga

This floating fit mat class combines all the best aspects of key proven core and strength movements from yoga and boot camp workouts. **(\$35 per person) – Cabana Pool**

### 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 on promoting relaxation and enhancing personal and spiritual growth. **(\$25 per person) – Windsor Beach Platform**

### TRX Circuit 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 StrongBoard, bikes, bands, weights and balls may be included. **(\$25 per person) – Fitness Studio**

### 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. **(\$25 per person) – Fitness Studio**

### Restore Flow Yoga

This class is a mindful practice of breath and movement. We gently "meet" the body and explore its possibilities through stretching and softening. We build strength with weight bearing poses and explore endurance in standing poses. **(\$25 per person) – Fitness Studio**

### Total Body Boot Camp

Enjoy this 30-minute class while pushing your body beyond its limits. Session includes body weight exercises, plyometric, StrongBoard, abs and more. All catered to meet the individual fitness level and needs. **(\$15 per person) – Fitness Studio**

### Balance and Stability Boot Camp

This 30-minute training involves doing exercises that strengthen the muscles that help keep you upright, including your legs and core while utilizing a StrongBoard. **(\$15 per person) – Fitness Studio**