

Fitness Class Calendar



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|--|--|
| 8:00AM Yoga Flow ○ To the Core ● | 7:00AM Yoga Basics ○ Beach Boot Camp ● | 7:00AM Body Works ● Yoga Basics ○ | 7:00AM Mat Pilates ● Vibrant Flow ○ | 7:00AM Breathwork ○ Pilates Fusion ● | 7:00AM Yoga & Meditation ○ Beach Boot Camp ● | 8:00AM Yoga Flow ○ To the Core ● |
| 8:00AM High-Intensity Conditioning ● Yoga Flow ○ | 7:00AM Yoga Basics ○ Beach Boot Camp ● | 7:00AM Body Works ● Yoga Basics ○ | 7:00AM Mat Pilates ● Vibrant Flow ○ | 7:00AM Breathwork ○ Pilates Fusion ● | 7:00AM Yoga & Meditation ○ Beach Boot Camp ● | 8:00AM Body Works ● Breathwork ○ |
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| 8:00AM High-Intensity Conditioning ● Yoga Flow ○ | 7:00AM Yoga Basics ○ Beach Boot Camp ● | 7:00AM Body Works ● Yoga Basics ○ | 7:00AM Mat Pilates ● Vibrant Flow ○ | 7:00AM Breathwork ○ Pilates Fusion ● | 7:00AM Yoga & Meditation ○ Beach Boot Camp ● | 8:00AM Yoga Flow ○ To the Core ● |
| 8:00AM High-intensity Conditioning ● Yoga Flow ○ | 7:00AM Yoga Basics ○ Beach Boot Camp ● | 7:00AM Body Works ● Yoga Basics ○ | 7:00AM Mat Pilates ● Vibrant Flow ○ | | | |

- Higher-Impact/Energy Experience
- Lower-Impact/Mellow Experience
- Casa Del Mar
- Shutters on the Beach

HIGH-IMPACT CLASSES ●

To the Core *A blend of yoga, pilates, martial arts and core work designed to invigorate your body and build strength.*

High-Intensity Conditioning *Build strength, tone, and improve overall conditioning in this high-intensity interval training class that alternates body resistance with functional training.*

Mat Pilates *Build core strength and achieve a longer and leaner body through controlled breathing, body weight resisted movements and pilates mat exercises.*

Body Works *This blend of strength and cardio conditioning features bodyweight exercises and core strength training along with interval work and plyometrics.*

Beach Boot Camp *This on-the-sand class offers a balance of high- and low-intensity movements through cardiovascular conditioning, strength building, balance work and core stability.*

Pilates Fusion *The perfect combination of Pilates mat exercises to lengthen and strengthen, and high-intensity fat-and-calorie-burning cardio for a total body workout.*

LOW-IMPACT CLASSES ○

Breathwork *Explore powerful ancient breathing exercises while practicing restorative yoga stretches, chanting and meditation to release stress and tension.*

Yoga Flow *This class begins with the core, works through foundational poses to a peak and then cools you down with deep hip openers and a short meditation.*

Yoga Basics *Focusing on the basics of alignment, breath work and seated postures, this class will leave you feeling awake, elongated and ready to start your day.*

Yoga & Meditation *A gentle yoga practice opening with guided breath work followed by a moderate vinyasa flow and closing with restorative postures, stretches and guided meditation.*

Vibrant Flow *Through a series of poses and meditation, this class connects the physical challenges of sweating, detoxing and re-energizing with focus on breath and quieting the mind.*

Class schedule is subject to change without notice.

- *Meet in the Hotel lobby near concierge desk*
 - *7:00am Monday through Friday*
 - *8:00am Saturday and Sunday*

- *Guests are welcome to take classes at either hotel*
- *Reservations not required*
- *Classes are on a first come basis with limited availability*