

November

group fitness

MON	TUE	WED	THU	FRI	SAT	SUN
	6:30am Super Spin <i>Jenny</i>		6:30am Super Spin <i>Jenny</i>			
	7:30am Circuit <i>Jenny</i>		7:30am Circuit <i>Jenny</i>	7:30am Yoga For Strength <i>Danell</i>	8:00am *Yoga on the Beach <i>Danell</i>	8:00am *Yoga on the Beach <i>Danell</i>
8:30am Circuit <i>JoAnna</i>	8:30am Core Conditioning <i>JoAnna</i>	8:30am Circuit <i>JoAnna</i>	8:30am Core Conditioning <i>JoAnna</i>	8:30am Circuit <i>JoAnna</i>	9:00am Spin <i>Kathryn</i>	
9:30am Pilates <i>JoAnna</i>	9:30am Yoga <i>Gina</i>	9:30am Core Conditioning <i>JoAnna</i>	9:30am Gentle Yoga <i>Danell</i>	9:30am *Beach Pilates <i>JoAnna</i>	10:15am Body Sculpt <i>Cynthia</i>	
		10:30am Yoga <i>Danell</i>				
		4:15pm Stretch & Roll <i>Cynthia</i>				
5:00pm Yoga <i>Gina</i>	5:30pm Yoga <i>Leilainia</i>	5:15pm Yoga <i>Cynthia</i>	5:00pm Yoga <i>Cynthia</i>	5:30pm Yoga <i>Gina</i>		



Fitness Center

Open 6am-8pm daily
619.435.6611 ext 7800
WWW.HOTELDEL.COM

**PLEASE ARRIVE 5 MINUTES
PRIOR TO START TIME**

November Fitness Schedule

There is an additional \$8.00 charge for all Spinning classes

***All beach classes will meet at the fitness center.**

Please remember to bring sunscreen and water

Body Sculpt

A complete strength training and muscle conditioning class utilizing hand weights, resistance bands, and Resist-A-Balls. Designed for all fitness levels.

Core Conditioning

This class emphasizes the importance of overall core strength in not only the abdominals, but also the lower back, hips and glutes.

This class focuses on quality exercises geared towards overall core strengthening.

Circuit

Several stations including resistance, balance and cardiovascular work will be provided for a fun, high energy challenge. The stations will utilize a variety of equipment, including: free weights, resistance bands, exercise balls, jump ropes, spin bikes and medicine balls.

Fitness Walk

A one hour walk exploring the local areas of Coronado. Let your senses come alive as you breathe the fresh air, experience beautiful flora and acquaint yourself with the Coronado lifestyle. Walking helps condition the heart, burn calories, improve muscle tone and strength and also relieve tension.

Pilates

A mind and body exercise with concentration on smooth movement and proper body alignment. The focus of the exercise is to develop a strong core body (abs & back) while developing increased flexibility, range of motion & stress awareness.

Spinning

The class is a non-impact, individually paced, noncompetitive, group training system designed for all riders and fitness levels, using Spinning bikes, music and visualization techniques to motivate each participant towards their own unique goals. The ride will last 40-50 minutes followed by abdominal toning and stretching. Make sure you bring a towel and water!

Stretch & Roll

Ball rolling over different muscle groups with a special 9" ball will help to elongate the muscles, improve circulation, release tension and relax the body.

All Levels welcome.

Super Spin

A dynamic workout starting with 30 minutes of intense spin for cardio, followed by 30 minutes of circuit training. Your instructor will take you on a challenging stationary cycle class, and transition you into weights and resistance training for total toning.

Yoga

This classic practice of yoga postures and breathing revitalizes the body physically, mentally and spiritually. It is a one hour uplifting practice that increases muscle tone, improves flexibility and concentration, detoxifies the vital organs and allows you to experience a state of deep relaxation. Immerse yourself in the ancient art of self care.

Yoga for Strength

Focusing on strengthening, toning and building self confidence to open your body & mind. This practice will definitely challenge you and demand your attention, building greater endurance, strength and vitality



Fitness Schedule is Effective For the Month of October

There is an additional \$8.00 charge for all Spinning and Advance Classes

For Personal Training Inquires, please contact the Fitness Center at 619.435-6611 x7800

CLASSES SUBJECT TO CHANGE