FITNESS SCHEDULE

All classes are complimentary for hotel guests and $25 for non-guests. Reservations are required. For reservations dial “0” on your room phone, text 619.535.8705, call 619.435.6611 or visit hoteldel.com/events

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<th>FRIDAY</th>
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<tr>
<td>7:30 am</td>
<td>BEACH SPIN</td>
<td>Chelsea</td>
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<td>9:00 am</td>
<td>BEACH SPIN</td>
<td>Molly</td>
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<td>10:00 am</td>
<td>SUNRISE YOGA</td>
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*Private fitness training available upon request

DESCRIPTIONS

BEACH SPIN
A beachfront spin class overlooking the Pacific featuring a 45-min workout led by San Diego’s best instructors through headphones with invigorating tunes. (Monthly Spin Pass: $250 – reservations for each date required)

SUNRISE 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.

CHECK IN
Please arrive at least 10 minutes before your class. Check in locations are listed below.

Beach Yoga: Check in at Member Platform past Del Beach hut. Class takes place on the beach by lifeguard tower 3C.
Beach Spin: Check in at Paseo North along the main boardwalk.

SAFETY GUIDELINES
All attendees must sign a waiver before their class.

All attendees must wear face masks before and after attending their class. All attendees must abide by 6 feet social distancing guidelines at all times.