monday
5:00am  CLUB MEMBER SPIN  CHELSEA
7:30am  BEACH SPIN  CHELSEA
7:30am  B STRONG  TERRI
8:00am  BEACH MEDITATION  RAQUEL
8:30am  SPIN/CIRCUIT FUSION  TERRI
8:30am  YOGA ON THE BEACH  CHELSEA
9:30am  TRX/SPIN CARDIO FUSION  TERRI
5:00pm  CANDLELIGHT YOGA  CHELSEA

tuesday
5:00am  CLUB MEMBER SPIN  CHELSEA
7:25am  TRX  TERRI
7:30am  BEACH SPIN  CHELSEA
7:30am  CORE CONDITIONING  CHELSEA
8:00am  YOGA ON THE BEACH  AMY
8:30am  MEMBER SPIN/CIRCUIT FUSION  TERRI
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  CHELSEA
7:30am  STRETCH CLASS  AMY
8:30am  SCULPT + TONE  JEN
9:30am  TRX/SPIN FUSION  TERRI
10:30am  SWEAT/RESTORE  RAQUEL
4:00pm  BEACH YOGA FLOW  MARY
5:15pm  YIN YOGA CHILL  MARY

thursday
6:00am  CLUB MEMBER SPIN  CHELSEA
7:30am  BEACH SPIN  CHELSEA
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  CHELSEA
8:30am  SPIN  CHELSEA
9:30am  TRX FUSION  TERRI
10:30am  FAMILY BEACH YOGA  MARY

saturday
7:00am  CLUB MEMBER CIRCUIT/SPIN  TERRI
8:00am  YOGA ON THE BEACH  MARY
8:30am  BEACH SPIN  MARY
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
4:00pm  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 walk-ins, late arrivals will not be accommodated. All beach classes meet at the Fitness Center. Cancellations must be made 4+ hours prior to class time or they will incur a $10 cancellation/no show fee.

class descriptions

BEACH MEDITATION/ YIN YOGA This class is half yin yoga & half meditation. We prepare 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 inDELible beachfront spin class overlooking the Pacific featuring a 45min workout led by San Diego’s best instructors through headphones with invigorating tunes. (FEES APPLY)

B STRONG A core centric, fullbody workout which includes diverse equipment that will help you tone those abs, buns, back, butt, and biceps —this experience is structured to be both fun and strengthening!

BEACH YOGA FLOWA 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 supported corpse pose that helps to quiet the overactive 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 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 abdomen, 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 nature’s “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! Tails are also available for men. Participants must wear proper swimwear underneath their tail. (Private classes available upon request - 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 anodes 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 so fast, it will make your head spin. Don’t worry, the abs will not be forgotten!

SCULPT + TONE A high-intensity workout which incorporates resistance, strength and cardiovascular work, utilizing a variety of equipment, including free weights, resistance bands, exercise balls, kettlebells, and body bars.

SWEAT & RESTORE BEACH YOGA You'll be led through 30 minutes of sweaty all-level vinyasa, with a smooth transition from high energy flow into cooling, meditative movement. After the warming flow, you will be guided into 20 minutes of relaxing, restorative poses to swiftly supported muscle opening, tension release, and surrender, sending you into a totally blissful final (savasana).

YOGA FOR STRENGTH An all levels yoga class designed to open up your body and leave you feeling strong. Selected poses both lengthen and tone your muscles for a feelgood workout.

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 for your Yang!

STRETCH CLASS Focus on breath, muscle release, improve flexibility and posture through gentle movement and stretches.
Complimentary Beach Games
FRIDAY - SUNDAY | 1:00PM – 5:00PM

Corn Hole
Spike Ball
Giant Tenga
Can Jam
Photos with the Turret