

FITNESS SCHEDULE

SPRING 2021

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

FRIDAY

7:00 am	BEACH SPIN	Vista Terrace	Chelsea
8:30 am	BEACH SPIN	Vista Terrace	Chelsea
9:30 am	MERMAID FITNESS	Cabana Pool	Liz
9:30 am	STRONGBOARD	Studio	Lacey
10:00 am	BEACH YOGA	Tower 3C	Mary
11:30 am	POWER HULA	North Beach	Lacey

SATURDAY

7:00 am	BEACH SPIN	Vista Terrace	Chelsea
8:00 am	BEACH YOGA	Tower 3C	Mary
8:30 am	BEACH SPIN	Vista Terrace	Chelsea
9:30 am	MERMAID FITNESS	Cabana Pool	Danjela
9:30 am	POWER HULA	North Beach	Liz

SUNDAY

7:00 am	BEACH SPIN	Vista Terrace	Liz
8:30 am	BEACH SPIN	Vista Terrace	Liz
10:00 am	STRONGBOARD	Studio	Lacey
10:00 am	BEACH YOGA	Tower 3C	Mary

DESCRIPTIONS + PRICING

BEACH YOGA | YOGA FLOW

Experience healing benefits of yoga with waves by your side. This inclusive class involves breathing, stretching and strengthening postures in the relaxing and energizing beach setting. ***complimentary for hotel guests and members**

POWER HULA

Challenge yourself with this unique fitness class using weighted hula hoops. This class is filled with a variety of movements to burn calories as well as tone muscles and strengthen your core.

\$25 per person

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 | \$250/monthly spin pass

***reservations required for each individual class**

***member rate - \$10**

STRONGBOARD

Jump on board with the newest full-body fitness experience! The springs are both reactive and dynamic and will require total core engagement.

\$35 per person

MERMAID FITNESS

An exciting 45 minute water aerobics class fusing swimming, cardio, core and strength training set to upbeat music in colorful mermaid tails. Tails available for men and children 16 and over.

\$35 per person

*Members receive 20% discount on all charged classes

PRIVATE FITNESS

1 hour training for 1-4 guests: \$150

1 hour training for 5-8 guests: \$250

*Text 619-535-8705 for alternate requests

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.

FITNESS CENTER RESERVATION TIMES

6:00am – 7:00am

7:45am – 8:45am

9:30am – 10:30am

11:15am – 12:15pm

2:00pm – 3:00pm

3:45pm – 4:45pm

5:30pm – 6:30pm

7:15pm – 8:15pm

9:00pm – 10:00pm

CLOSED FOR SANITIZATION: 10:00pm – 6:00am

CHECK IN

Please arrive at least 10 minutes prior to class or reservation time.