



THE RESORT AT
PELICAN HILL.
NEWPORT BEACH

Outdoor Fitness Class Schedule

Fresh salt air and endless ocean views make for an invigorating backdrop as you refresh your spirit with a series of outdoor fitness classes on the Rotunda Lawn.

HOLIDAY

THURSDAY DECEMBER 23, 2021 – SUNDAY JANUARY 2, 2022

RESET & RECHARGE YOGA // 8:00 – 9:00 AM

No classes offered on Sunday December 25

A combination of stretching, strengthening and flow focuses the mind and recharges the body.

HOLIDAY BURN CARDIO // 10:00 – 11:00 AM

No classes offered on Sunday & Monday December 25 & 26 or on Sunday January 2

An energizing combination of strength, power and cardio, this class will rev up your heart rate and metabolism.

All fitness levels are welcome and available first-come, first-served. Complimentary for Resort guests only with a maximum 12 participants. Yoga mat will be provided. Schedule is subject to change at the Resort's discretion and classes will be held indoors at the Fitness Studio in the event of poor weather conditions.