



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.

THANKSGIVING WEEKEND

No classes offered Thursday November 25

GRATITUDE YOGA // 8:00 – 9:00 AM

WED 11/24, FRI 11/26, SAT 11/27 & SUN 11/28

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

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

FRI 11/26 & SAT 11/27

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.