

# *The Spa*

AT  
PELICAN HILL®

WELLNESS CALENDAR



# WELLNESS CALENDAR

## FEBRUARY 2019

All classes will be held in the Spa Movement Studio unless otherwise noted.  
For the Crystal Cove Fitness Walk, please meet in the Spa Lobby.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 A.M.	SUNRISE SERENITY* (ROTUNDA, EVENT LAWN)				SUNRISE SERENITY* (ROTUNDA, EVENT LAWN)		
8:00 A.M.		BODY WEIGHT BURN		BODY WEIGHT BURN			
8:30 A.M.	CRYSTAL COVE FITNESS WALK	CRYSTAL COVE FITNESS WALK	CRYSTAL COVE FITNESS WALK	CRYSTAL COVE FITNESS WALK	CRYSTAL COVE FITNESS WALK	CRYSTAL COVE FITNESS WALK	CRYSTAL COVE FITNESS WALK
9:00 A.M.	ZUMBA	YOGA FLOW	YOGA FLOW	POWER YOGA	MEDITATION	YOGA FLOW	YOGA FLOW
10:00 A.M.	BODY CONDITIONING	FREE WEIGHTS	MAT PILATES	YOGA FLOW	YOGA FLOW	ABS & GLUTES	YOGA THERAPEUTICS
11:00 A.M.	ABS & GLUTES	BODY CONDITIONING	BODY CONDITIONING	YOGA THERAPEUTICS	YOGA THERAPEUTICS	YOGA THERAPEUTICS	MEDITATION
12:00 P.M.			AQUA YOGA* (CAMP PELICAN)		AWAKENING AUTHENTICITY		
4:00 P.M.	YOGA FLOW* (SPA)		YOGA FLOW* (SPA)	GUIDED INSTRUMENTAL MEDITATION* (SPA)	BODY CONDITIONING	MAT PILATES	
5:00 P.M.	YOGA FLOW		YOGA FLOW		MAT PILATES	ABS & GLUTES	

\*Weather permitting, this class takes place outdoors. Please meet in “( )” area.

(Class schedule may be subject to change without notice.)

We kindly ask that you wear athletic footwear.

### PERSONAL TRAINING SESSIONS

The Spa at Pelican Hill® offers one-on-one training sessions starting from \$120\* per session.

For added value, purchase one of our packages as below:

5 sessions at \$115\* per session | 10 sessions at \$110\* per session  
15 sessions at \$105\* per session | 20 sessions at \$100\* per session

*\*Price does not include 22% service charge*

# LIFESTYLE CLASSES AT PELICAN HILL®

## ABS & GLUTES

This challenging, fast-paced class targets abdominals and gluteals to sculpt strong, tight and toned muscles.

## AQUAYOGA

Begin with a poolside heat building yoga flow series that focuses on the power of the warrior within. Once your body is warm, we move into the pool to invigorate all muscle groups by utilizing the challenge and support water provides. Practice balance with ease of mind. (Maximum - 8 guests)

## AWAKENING AUTHENTICITY

Jump start or refresh your day with a mediation class. Relax, focus and reset as your teacher guides you through a meditation. Learn how to connect to your authentic self through compassion and awareness. You'll leave with the perspective and calm you need to navigate your day with ease and balance.

## BODY CONDITIONING

Body conditioning uses your own body weight and a variety of equipment, such as hard weights, gliders, bands, steps and Bosu to achieve a high intensity interval training. (HIIT)

## BODY WEIGHT BURN

Learn how to improve your flexibility and gain strength with movements using only your body weight. Come ready to learn how to properly move your body to maximize calorie burn and meet your fitness goals.

## CRYSTAL COVE FITNESS WALK

Nurture the adventurer within by exploring the beaches of Crystal Cove. Please wear appropriate footwear. Walk departs promptly at 8:30 a.m.

## FREE WEIGHTS

This full-body workout teaches proper weightlifting techniques and focuses on classic bodybuilding exercises with dumbbells.

## GUIDED INSTRUMENTAL MEDITATION

Engage in a musical journey of healing, restoration and expanded awareness.

## MAT PILATES

Increase flexibility and strength with this challenging core mix workout.

## MEDITATION

Relax the body & learn to quiet the mind.

## SUNRISE SERENITY

A refreshing, one-of-a-kind yoga experience for EVERYONE! In this inclusive flow style class, we will breathe, stretch and explore how exciting our postures can be when done overlooking the ocean.

## YOGA FLOW

Awaken and lengthen the body with a fluid blend of asanas and functional strength exercises.

## YOGA THERAPEUTICS

Gentle yoga with props and pranayama tailors each posture to your physical ability and emotional tension.

## ZUMBA

Zumba is an upbeat and joyful Latin-infused dance class choreographed to music.