

The Spa
AT
PELICAN HILL®

WELLNESS CALENDAR



WELLNESS CALENDAR

JUNE 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
7:00 A.M.	PADDLE BOARD YOGA*† (COLISEUM POOL) SUNRISE SERENITY* (ROTUNDA, EVENT LAWN)	FITMAT AQUA*† (COLISEUM POOL)	FITMAT AQUA*† (COLISEUM POOL)	PADDLE BOARD YOGA*† (COLISEUM POOL)	SUNRISE SERENITY* (ROTUNDA, EVENT LAWN)	PADDLE BOARD YOGA*† (COLISEUM POOL)	FITMAT AQUA*† (COLISEUM POOL)
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	YOGA FLOW	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		
3:00 P.M.		POWER WALK*		POWER WALK*			
4:00 P.M.	YOGA FLOW* (SPA)		MAT PILATES		BODY CONDITIONING	MAT PILATES	
5:00 P.M.	YOGA FLOW		ABS & GLUTES		MAT PILATES	ABS & GLUTES	

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

†Resort guests only | Paddle Board Yoga Starts June 10, 2019 | Fitmat Aqua Starts June 23, 2019

(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.

AQUA YOGA

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 meditation 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)

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.

FITMAT AQUA CLASS

Make waves atop a floating fitness mat in the Coliseum Pool during this high-intensity, full-body workout that combines strength training and balance stabilization. (Resorts guests only)

FREE WEIGHTS

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

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.

PADDLE BOARD YOGA

Strengthen your mind, body and soul with a balance of tranquility and exhilaration during this inspiring on-the-water yoga session in the Coliseum Pool. (Resorts guests only)

POWER WALK

Soak up the coastal air and let the day's stress slip away with techniques for turning a stroll into a super workout. Please wear comfortable walking shoes and clothes that let your body move with ease.

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.