

The Spa

AT
PELICAN HILL®

WELLNESS CALENDAR



WELLNESS CALENDAR

NOVEMBER 2018

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
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	ABS & GLUTES	ABS & GLUTES	POWER YOGA	MEDITATION	YOGA FLOW	ABS & GLUTES
10:00 A.M.	MAT PILATES	FREE WEIGHTS	MAT PILATES	YOGA FLOW	YOGA FLOW	ABS & GLUTES	YOGA THERAPEUTICS
11:00 A.M.	CENTER BARRE FUSION	BODY SCULPT	CENTER BARRE FUSION	YOGA THERAPEUTICS	YOGA THERAPEUTICS	YOGA THERAPEUTICS	MEDITATION
4:00 P.M.					BODY CONDITIONING	MAT PILATES	
5:00 P.M.					MAT PILATES	ABS & GLUTES	

On Friday, November 16, Saturday, November 17, and Sunday, November 18, classes are as follows:
9:00 a.m. Abs & Glutes | 10:00 a.m. Mat Pilates | 11:00 a.m. Body Conditioning
No Classes on Thursday, November 22, 2018

(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.

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 SCULPT

An introduction to more advanced training techniques, this workout incorporates supersets, drop sets, pre-exhausting and negatives. Using free weights and body weight, you'll challenge your body and mind to grow to the next level.

CENTER BARRE FUSION

A combination of ballet-inspired movements, the Lotte Berk barre method, yoga and Pilates, this studio workout in the center of the room incorporates standing and mat movements for a strengthening, lengthening and toning experience.

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.

MAT PILATES

Increase flexibility and strength with this challenging core mix workout.

MEDITATION

Relax the body & learn to quiet the mind.

POWER YOGA

Practice vinyasa-style yoga infused with strengthening elements, such as free weights and blocks, plus cardio to tone and sculpt every major muscle group.

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.