



THE SPA
AT TERRANEA

FITNESS CALENDAR

July 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEY <ul style="list-style-type: none"> * This is an outdoor class ** Classes require an additional \$20 per person fee, space is limited and reservations are required. Minimum 2 people, maximum 3 guests. *** This class will be held outside. Donations and RSVPs are requested for attendance. Please refer to our Terranea.com or additional information as the date approaches. 						1 8A Seaside Cycle* 9A Nature's Gym* 9:15A Seaside Yoga 10:30A Zumba
2 8A Core and Roll 9:30A Seaside Yoga	3 6:30A Seaside Cycle* 7:45A TRX CORE Circuit** 8:30A Seaside Yoga 9:30A Aqua Conditioning*	4 9A Seaside Cycle* 10A Sculpt and Stretch 5P Seaside Yoga 6P Meditation	5 7A Seaside Cycle* 8A Swim Workout* 9A Seaside Yoga 10:15A Yo-Chi	6 9A Seaside Cycle* 10:15A Seaside Yoga 4:30P Meditation 5P Seaside Yoga	7 7A Seaside Cycle* 8A Seaside Yoga 9:15A Pilates	8 8A Seaside Cycle* 9A Nature's Gym* 9:15A Seaside Yoga 10:30A Zumba 8P Full Moon Yoga***
9 8A Aqua Zumba 9:30A Seaside Yoga	10 6:30A Seaside Cycle* 7:45A TRX CORE Circuit** 8:30A Seaside Yoga 9:30A Aqua Conditioning*	11 9A Seaside Cycle* 10A Sculpt and Stretch 5P Seaside Yoga 6P Meditation	12 7A Seaside Cycle* 8A Swim Workout* 9A Seaside Yoga 10:15A Yo-Chi	13 9A Seaside Cycle* 10:15A Seaside Yoga 4:30P Meditation 5P Seaside Yoga	14 7A Seaside Cycle* 8A Seaside Yoga 9:15A Pilates	15 8A Seaside Cycle* 9A Nature's Gym* 9:15A Seaside Yoga 10:30A Zumba
16 8A Terranea Total Body 9:30A Seaside Yoga	17 6:30A Seaside Cycle* 7:45A TRX CORE Circuit** 8:30A Seaside Yoga 9:30A Aqua Conditioning*	18 9A Seaside Cycle* 10A Sculpt and Stretch 5P Seaside Yoga 6P Meditation	19 7A Seaside Cycle* 8A Swim Workout* 9A Seaside Yoga 10:15A Yo-Chi	20 9A Seaside Cycle* 10:15A Seaside Yoga 5P Seaside Yoga	21 7A Seaside Cycle* 8A Seaside Yoga 9:15A Pilates	22 8A Seaside Cycle* 9A Nature's Gym* 9:15A Seaside Yoga 10:30A Zumba
23 8A Aqua Zumba 9:30A Seaside Yoga	24/31 6:30A Seaside Cycle* 7:45A TRX CORE Circuit** 8:30A Seaside Yoga 9:30A Aqua Conditioning*	25 9A Seaside Cycle* 10A Sculpt and Stretch 5P Seaside Yoga 6P Meditation	26 7A Seaside Cycle* 8A Swim Workout* 9A Seaside Yoga 10:15A Yo-Chi	27 9A Seaside Cycle* 10:15A Seaside Yoga 4:30P Meditation 5P Seaside Yoga	28 7A Seaside Cycle* 8A Seaside Yoga 9:15A Pilates	29 8A Seaside Cycle* 9A Nature's Gym* 9:15A Seaside Yoga 10:30A Zumba
30 8A Zumba 9:30A Seaside Yoga	*Please note the fitness schedule is the same July 24 and July 31					



TERRANEA FITNESS CLASSES

For more information please call 310.265.2740
100 Terranea Way, Rancho Palos Verdes, CA 90275 | www.terranea.com/spa

***Aqua Zumba** - There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!

***Aquatic Conditioning** - Give your joints a rest, and jump into the Spa's saline pool for a non-impact cardio, core, and strength intensive aquatic workout.

Balance and Strength - Everyone needs to work on balance and find ways to stay grounded, centered and stand tall and strong. Join us as we help give tips and tools for improving balance which also improves core strength!

Circuit Training - Condition your entire body with unique exercise stations using various equipment.

Core and Roll - Spend a smart 30 minutes strengthening core muscles that are the foundation for all of your body's movements. Then use the foam roller to stretch, release, and relax sore and tired muscles. Due to space limitations, class will be limited to 10 guest, first come first serve.

***Coastline Hike** - Enjoy a two hour Hike along the beautiful Palos Verdes Coastline, enjoy the natural surroundings while getting a great workout and a little bit of Peninsula history.

*****Full Moon Yoga** - This class will be held outside during the full moon every month. Donations and RSVPs are requested for attendance. Please refer to Terranea.com/events for additional information as the date approaches. This event is weather permitting.

Meditation - Each 30 minute session will help you find a time to quiet your mind, breathe and relax. Enjoy the benefits of clarity of thought, improvement of concentration, reduction of stress, and a healthy lifestyle.

***Nature's Gym** - Get in shape while enjoying pristine ocean-side views. A fun and challenging combination of cardiovascular drills and resistance training primarily using your own body weight to build your endurance and strength around Terranea Resort's 102-acre property.

Pilates - An innovate core focused mat workout which helps keep the body balanced. Pilates focuses on breathing and alignment of the spine, while strengthening the torso.

Seaside Cycle - This is a cardio workout good for all levels. Cyclers enjoy the incredible views from our Ocean Front Terrace, while getting a great workout.

Seaside Sculpt & Stretch - Total body conditioning class used to strengthen and define. Resistance training for all levels, using some weights, bands, balls and body weight.

Seaside Yoga/Sunset Yoga - A combination of postures, breathing exercises and other techniques to promote flexibility, build strength, reduce stress, and bring the body, mind and spirit into balance.

***Swim Workout** - A great cardio swim program for all levels! Our master swim coach will provide workouts suitable for everyone. Tips, Feedback and technique suggestions also offered for those looking to improve their strokes.

Terranea Total Body - Full Body Conditioning and toning class that utilizes various pieces of equipment. Good for all levels. Ideally this is a full body workout that includes strength and cardio. Ends with some abs and light stretching.

****TRX Core Circuit** - Challenging class using the TRX system for full body circuit and killer CORE!

Yo-Chi - Fusion of the best of Yoga and Tai Chi. Great invigorating way to start the day!

Zumba - Cardio Dance workout that has a fusion of Latin and International music. Fun and easy to follow moves for all levels!

PERSONAL TRAINING SESSIONS

(Includes access to all Spa Facilities)

Private Training for one guest

\$65 for 30 Minutes / \$125 for 60 Minutes

Semi Private Training 2-4 Guests

\$200 for 60 Minutes

Complimentary classes are held in the Spa Fitness Center's Movement Studio and are 60 Minutes unless otherwise noted.

*denotes Outdoor Class / **Additional fee, space is limited and reservations are required / ***NEW! TPI Golf Assessment and Program are free to Spa Members and Resort Guests; \$20 per person for others.