



THE SPA  
AT TERRANEA

# FITNESS CALENDAR

## September 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		9A Seaside Cycle* 10A Seaside Sculpt  5:30P Seaside Yoga	7A Seaside Cycle* 8A Aqua Zumba* 9A Yoga 10:15A Yo-Chi	7:30A Yoga 9A Seaside Cycle*  5P Seaside Yoga	6a SeasideCycle* 7A Yoga 8:15A Pilates	8A Seaside Cycle* 9A Nature's Gym* 9:15A Seaside Yoga 10:30A Zumba
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
8A Aqua Zumba* 9A Yoga 10:15A Zumba  5P Pilates	7:30A Seaside Cycle* 8:30A Hatha Yoga 9:30A Aquatic Conditioning*	9A Seaside Cycle* 10A Seaside Sculpt  5:30P Seaside Yoga	7A Seaside Cycle* 8A Aqua Conditioning* 9A Yoga 10:15A Yo-Chi	7:30A Yoga 9A Seaside Cycle*  5P Seaside Yoga	6A Seaside Cycle* 7A Yoga 8:15A Pilates	8A Seaside Cycle* 9A Nature's Gym* 9:15A Seaside Yoga 10:30A Zumba
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
8A Aqua Zumba* 9A Yoga 10:15A Terranea Total Body*	6:30A Seaside Cycle* 7:45A TRX CORE Circuit** 8:30A Hatha Yoga 9:30A Aquatic Conditioning*	9A Seaside Cycle* 10A Seaside Sculpt  5:30P Seaside Yoga	7A Seaside Cycle* 8A Aqua Zumba* 9A Yoga 10:15A Yo-Chi	7:30A Yoga 9A Seaside Cycle*  5P Seaside Yoga	6A Seaside Cycle* 7:30A Yoga 8:15A Pilates	8A Seaside Cycle* 9A Nature's Gym* 9:15A Seaside Yoga 10:30A Zumba
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
8A Aqua Zumba* 9A Yoga 10:15A Zumba  4:30P Seaside Yoga Event	6:30A Seaside Cycle* 7:45A TRX CORE Circuit** 8:30A Hatha Yoga 9:30A Aquatic Conditioning*	9A Seaside Cycle* 10A Seaside Sculpt  5:30P Seaside Yoga	7A Seaside Cycle* 8A Aquatic Conditioning* 9A Yoga 10:15A Yo-Chi	7:30A Yoga 9A Seaside Cycle*  5P Seaside Yoga	6A Seaside Cycle* 7A Yoga 8:15A Pilates	8A Seaside Cycle* 9A Nature's Gym* 9:15A Seaside Yoga 10:30A Zumba
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>KEY</b> * 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 <a href="http://Terranea.com">Terranea.com</a> or additional information as the date approaches.		
9A Yoga 10:15A Terranea Total Body*  7P Full Moon Yoga***	6:30A Seaside Cycle* 7:45A TRX CORE Circuit** 8:30A Hatha Yoga 9:30A Aquatic Conditioning*	9A Seaside Cycle* 10A Seaside Sculpt  6:15P Seaside Yoga	7A Seaside Cycle* 8A Aqua Conditioning* 9:30A Nature's Gym*			



# TERRANEA FITNESS CLASSES

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

**\*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.

**Core and More** - Special class focusing on core strength!

**\*Fit and Flow H2O** - Explore and improve dynamic balance with a blend of cardio, core and coordination exercises using the properties of water. Make a splash with this total body workout.

**Flexibar Fit/Core** - Training with a oscillating bar, a fitness tool from Germany which is used by all levels and ages to improve Core strength, stability, balance, posture, help with back health, shoulder rehabilitation, overall strength, focus and coordination! A deep Core conditioning workout. Cutting edge and innovative.

**\*\*\*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](http://Terranea.com/events) for additional information as the date approaches. This event is weather permitting.

**Hatha 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.

**\*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.

**Mat 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.

**Restorative Yoga** - A Gentle Yoga class that help restore balance into your body and mind. Props are used to give all levels a chance to maximize each posture for their own unique needs.

**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 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.

**\*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.