



THE SPA
AT TERRANEA

FITNESS CALENDAR

February 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 7AM Seaside Spin 9AM Aquatic Conditioning	2 7AM Circuit Training 8AM Hatha Yoga	3 7AM Seaside Spin 9AM Aquatic Conditioning	4 8AM Seaside Spin 9AM Hatha Yoga 10AM BODYPUMP
5 8AM Hatha Yoga	6	7 7AM Seaside Spin 9AM 30/30	8 7AM Seaside Spin 9AM Aquatic Conditioning	9 7AM Circuit Training 8AM Hatha Yoga	10 7AM Seaside Spin 9AM Aquatic Conditioning 4PM Hatha Yoga	11 8AM Seaside Spin 9AM Hatha Yoga 10AM BODYPUMP
12 8AM Hatha Yoga	13	14 7AM Seaside Spin 9AM 30/30	15 7AM Seaside Spin 9AM Aquatic Conditioning	16 7AM Circuit Training 8AM Hatha Yoga	17 7AM Seaside Spin 9AM Aquatic Conditioning 4PM Hatha Yoga	18 8AM Seaside Spin 9AM Hatha Yoga 10AM BODYPUMP
19	20	21 7AM Seaside Spin 9AM 30/30	22 7AM Seaside Spin 9AM Aquatic Conditioning	23 7AM Circuit Training 8AM Hatha Yoga	24 7AM Seaside Spin 9AM Aquatic Conditioning 4PM Hatha Yoga	25 8AM Seaside Spin 9AM Hatha Yoga 10AM BODYPUMP
26	27	28 7AM Seaside Spin 9AM 30/30	29 7AM Seaside Spin 9AM Aquatic Conditioning			



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TERRANEA FITNESS CLASSES

Seaside Spin - Terranea Spin is a highly energetic cardio workout that gets your heart pumping! All level riders are welcome to join our technique and terrain based classes. Learn about the importance of cadence and heart rate zones through a variety of interval training, hill climbs, and endurance rides. Blast calories by toning your quadriceps, glutes, and hamstrings in our beautiful Movement Studio or on our Ocean Front Terrace.

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. Slim your waistline with innovative and traditional Aquatic Conditioning moves that will keep your heart rate using the water as a source of resistance.

Circuit Training- Condition your entire body with unique exercise stations using various equipment from resistance bands and free weights to weight machines and stability balls.

Hatha Yoga is 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.

30/30 Pilates and Strength - A fusion of both light weight high repetition resistance training for 30 minutes and Mat Pilates to sculpt, tone, and lengthen the entire body using barbells, free weights, and Mat Pilates equipment.

BODYPUMP - A muscular endurance workout targeting different muscle groups using compound and isolation based muscle-group specific exercises for 70 to 100 repetitions to tone, sculpt, and gain strength.

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



TERRANEA®
L.A.'S OCEANFRONT RESORT

Complimentary classes are held in the Spa Fitness Center's Movement Studio and are 60 Minutes unless otherwise noted.
100 Terranea Way, Rancho Palos Verdes, CA 90275 | For more information please call 310.265.2740