



THE SPA
AT TERRANEA

FITNESS CALENDAR

January 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 7AM Seaside Spin 9AM Mat Pilates	4 7AM Seaside Spin 9AM Aquatic Conditioning	5 7AM Circuit Training 8AM Hatha Yoga	6 7AM Seaside Spin 9AM Aquatic Conditioning 4PM Hatha Yoga	7 8AM Seaside Spin 9AM Aquatic Conditioning 10AM Hatha Yoga 10AM Nature's Gym
8 8AM Hatha Yoga	9 8AM Hatha Yoga	10 7AM Seaside Spin 9AM Mat Pilates	11 7AM Seaside Spin 9AM Aquatic Conditioning	12 7AM Circuit Training 8AM Hatha Yoga	13 7AM Seaside Spin 9AM Aquatic Conditioning 4PM Hatha Yoga	14 8AM Seaside Spin 9AM Aquatic Conditioning 10AM Hatha Yoga 10AM Nature's Gym
15 8AM Hatha Yoga	16	17 7AM Seaside Spin 9AM Mat Pilates	18 7AM Seaside Spin 9AM Aquatic Conditioning	19 7AM Circuit Training 8AM Hatha Yoga	20 7AM Seaside Spin 9AM Aquatic Conditioning 4PM Hatha Yoga	21 8AM Seaside Spin 9AM Aquatic Conditioning 10AM Hatha Yoga 10AM Nature's Gym
22 8AM Hatha Yoga	23 8AM Hatha Yoga	24 7AM Seaside Spin 9AM Mat Pilates	25 7AM Seaside Spin 9AM Aquatic Conditioning	26 7AM Circuit Training 8AM Hatha Yoga	27 7AM Seaside Spin 9AM Aquatic Conditioning 4PM Hatha Yoga	28 8AM Seaside Spin 9AM Aquatic Conditioning 10AM Hatha Yoga 10AM Nature's Gym
29 8AM Hatha Yoga	30 8AM Hatha Yoga	31 7AM Seaside Spin 9AM Mat Pilates				



TERRANEA FITNESS CLASSES

Nature's Gym (No Weights, Just Enthusiasm!) - You don't have to have a lot of equipment to get a great workout - in fact, you really don't have to have any equipment at all. Just bring your enthusiasm for health and wellness and reap benefits from this *no weights* workout focusing on the core and major muscle groups. These take-home exercises will allow you to work out in the natural environment of your choice.

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.

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

Intro to Yoga - Hatha Yoga is the ancient practice of physical postures, breath work and meditation for overall mental and physical health. Yoga strengthens and tones muscle and gives each student a greater sense of energy, focus, balance and relaxation.

A general instruction of different poses will be taught including the posture's mental and physical benefits. Modifications are explored enabling students to practice at their individual level.

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.

Restorative Yoga is calming breath exercises and postures done with the support of props to deeply, yet gently, relax the body and mind.



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