

Fitness Calendar SEPTEMBER 2023



THE SPA
AT TERRANEA

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

					<p>01 7:30A SEASIDE YOGA with Sue 8:30A AQUA CONDITIONING* with Sue 9:30A TERRANEA TOTAL BODY with Sue 10:45A SEASIDE YOGA with Jose</p>	<p>02 7:30A SEASIDE YOGA with Sue 8:30A SEASIDE CYCLE with Kim 9:30A SEASIDE YOGA with Sue 10:45A TERRANEA TOTAL BODY with Sue 6:30P SUNSET YOGA with Jose</p>
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<p>03 8:00A SUNRISE STRETCH & FLEX with Kim 9:00A SPIN-SCULPT FUSION with Kim 10:00A NATURE'S GYM* with Kim</p>	<p>04 7:00A GOOD MORNING STRETCH with Tanya 8:00A SEASIDE YOGA with Tanya 8:30A AQUA CONDITIONING* with Sue 9:30A SWIM WORKOUT* with Sue 10:30A CIRCUIT TRAINING with Sue</p>	<p>05 7:00A SEASIDE YOGA with Tanya 8:00A TERRANEA TOTAL BODY with Tanya 9:00A GOOD MORNING STRETCH with Tanya</p>	<p>06 7:30A SEASIDE CYCLE with Sue 8:30A AQUA CONDITIONING* with Sue 9:30A SEASIDE YOGA with Sue 6:00P SOUND BATH** with Yuka</p>	<p>07 8:00A SEASIDE YOGA with Sue 9:00A PILATES with Sue 10:00A TERRANEA TOTAL BODY with Sue 6:30P SUNSET YOGA with Jose</p>	<p>08 7:30A SEASIDE YOGA with Sue 8:30A AQUA CONDITIONING* with Sue 9:30A TERRANEA TOTAL BODY with Sue 10:45A SEASIDE YOGA with Jose</p>	<p>09 7:30A SEASIDE YOGA with Sue 8:30A SEASIDE CYCLE with Kim 9:30A SEASIDE YOGA with Sue 10:45A TERRANEA TOTAL BODY with Sue 6:30P SUNSET YOGA with Jose</p>
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<p>10 8:00A SUNRISE STRETCH & FLEX with Kim 9:00A SPIN-SCULPT FUSION with Kim 10:00A NATURE'S GYM* with Kim</p>	<p>11 7:00A GOOD MORNING STRETCH with Tanya 8:00A SEASIDE YOGA with Tanya 8:30A AQUA CONDITIONING* with Sue 9:30A SWIM WORKOUT* with Sue 10:30A CIRCUIT TRAINING with Sue</p>	<p>12 7:00A SEASIDE YOGA with Tanya 8:00A TERRANEA TOTAL BODY with Tanya 9:00A GOOD MORNING STRETCH with Tanya</p>	<p>13 7:30A SEASIDE CYCLE with Sue 8:30A AQUA CONDITIONING* with Sue 9:30A SEASIDE YOGA with Sue 6:00P SOUND BATH** with Angelina</p>	<p>14 8:00A SEASIDE YOGA with Sue 9:00A PILATES with Sue 10:00A TERRANEA TOTAL BODY with Sue 6:30P SUNSET YOGA with Jose</p>	<p>15 7:30A SEASIDE YOGA with Sue 8:30A AQUA CONDITIONING* with Sue 9:30A TERRANEA TOTAL BODY with Sue 10:45A SEASIDE YOGA with Jose</p>	<p>16 7:30A SEASIDE YOGA with Sue 8:30A SEASIDE CYCLE with Kim 9:30A SEASIDE YOGA with Sue 10:45A TERRANEA TOTAL BODY with Sue 6:30P SUNSET YOGA with Jose</p>
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<p>17 8:00A SUNRISE STRETCH & FLEX with Kim 9:00A SPIN-SCULPT FUSION with Kim 10:00A NATURE'S GYM* with Kim</p>	<p>18 7:00A GOOD MORNING STRETCH with Tanya 8:00A SEASIDE YOGA with Tanya 8:30A AQUA CONDITIONING* with Sue 9:30A SWIM WORKOUT* with Sue 10:30A CIRCUIT TRAINING with Sue</p>	<p>19 7:00A SEASIDE YOGA with Tanya 8:00A TERRANEA TOTAL BODY with Tanya 9:00A GOOD MORNING STRETCH with Tanya</p>	<p>20 7:30A SEASIDE CYCLE with Sue 8:30A AQUA CONDITIONING* with Sue 9:30A SEASIDE YOGA with Sue 6:00P SOUND BATH** with Yuka</p>	<p>21 8:00A SEASIDE YOGA with Sue 9:00A PILATES with Sue 10:00A TERRANEA TOTAL BODY with Sue 6:30P SUNSET YOGA with Jose</p>	<p>22 7:30A SEASIDE YOGA with Sue 8:30A AQUA CONDITIONING* with Sue 9:30A TERRANEA TOTAL BODY with Sue 10:45A SEASIDE YOGA with Jose</p>	<p>23 7:30A SEASIDE YOGA with Sue 8:30A SEASIDE CYCLE with Kim 9:30A SEASIDE YOGA with Sue 10:45A TERRANEA TOTAL BODY with Sue 6:30P SUNSET YOGA with Jose</p>
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<p>24 8:00A SUNRISE STRETCH & FLEX with Kim 9:00A SPIN-SCULPT FUSION with Kim 10:00A NATURE'S GYM* with Kim</p>	<p>25 7:00A GOOD MORNING STRETCH with Tanya 8:00A SEASIDE YOGA with Tanya 8:30A AQUA CONDITIONING* with Sue 9:30A SWIM WORKOUT* with Sue 10:30A CIRCUIT TRAINING with Sue</p>	<p>26 7:00A SEASIDE YOGA with Tanya 8:00A TERRANEA TOTAL BODY with Tanya 9:00A GOOD MORNING STRETCH with Tanya</p>	<p>27 7:30A SEASIDE CYCLE with Sue 8:30A AQUA CONDITIONING* with Sue 9:30A SEASIDE YOGA with Sue 6:00P SOUND BATH** with Yuka</p>	<p>28 8:00A SEASIDE YOGA with Sue 9:00A PILATES with Sue 10:00A TERRANEA TOTAL BODY with Sue 6:30P SUNSET YOGA with Jose</p>	<p>29 7:30A SEASIDE YOGA with Sue 8:30A AQUA CONDITIONING* with Sue 9:30A TERRANEA TOTAL BODY with Sue 10:45A SEASIDE YOGA with Jose 8:00P FULL MOON YOGA** with TBD</p>	<p>30 7:30A SUNRISE STRETCH & FLEX with Kim 8:30A SEASIDE CYCLE with Kim 9:30A SEASIDE YOGA with Tanya 10:45A TERRANEA TOTAL BODY with Tanya 6:30P SUNSET YOGA with Jose</p>
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FOR MORE INFORMATION, PLEASE CALL THE SPA AT 310.265.2740.

**100 TERRANEA WAY,
RANCHO PALOS VERDES,
CA 90275**

TERRANEA.COM/SPA

*Outdoor Class | **Additional fee, space is limited and reservations are required

Fitness Classes

*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.

BARRE FUSION

An energizing full-body workout to popular music that uses movements derived from ballet, but it is not choreographed or complex. Class will include small, pulsing movements with emphasis on form, alignment and core engagement. Benefits include improved strength, posture, flexibility, balance, stability, endurance, and muscle definition, together with weight loss and reduced stress.

CIRCUIT TRAINING

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

GOOD MORNING STRETCH

Awaken the body and mind with gentle guided stretches and breath work. Explore your range of motion while improving flexibility. All levels of fitness are welcome.

GUIDED MEDITATION

Each 45 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 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.

SOUND BATH

Join us for this beautiful practice of healing bodies through sound. Immerse yourself in deep sound vibrations to create a state of harmony, relaxation, expanded awareness, and an increased sense of wellbeing.

SPIN-SCULPT FUSION

Do you love the burn from pilates and barre, but miss the sweat from spin class? This fitness experience combines the two. 30 minutes of high-intensity cycling intervals PLUS 30 minutes of low impact, full-body, sculpting moves in our studio - all oceanfront!

SUNRISE STRETCH & FLEX

Using active and passive stretching, we will stretch and tone each area of the body to increase strength, flexibility, and posture. Participants will improve range of motion, stature, and balance. Concluding with a relaxation segment focused on breathing and ocean sounds. All with Catalina as your backdrop, this is the best way to start the day!

*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.

TERRANEA TRIO

One hour. Three elements. You'll experience a workout jam-packed with everything you need to feel strong and balanced. Featuring 30 minutes of invigorating cycle, 20 minutes of muscle-toning sculpt, and 10 minutes of stretch - it's the perfect combination!

YO-CHI

Yo-Chi combines the world's two oldest mind-body disciplines, Yoga and Tai-Chi, to create a unique and effective movement experience. Some of the benefits of Yo-Chi include mindfulness, stability, mobility, relaxation, reduced blood pressure, and energy flow.

PERSONAL TRAINING SESSIONS

(A 20% service charge will be added to the session which will be distributed to your instructor and any Spa staff that assists you throughout your day. Includes access to all Spa Facilities.)

PRIVATE TRAINING FOR ONE GUEST

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

SEMI PRIVATE TRAINING FOR COUPLES

\$240 for 60 Minutes

Complimentary classes are held in The Spa Fitness Center's Movement Studio and are 60 Minutes unless otherwise noted. Full Moon Yoga is held on Ocean Lawn. Please contact The Spa for fitness activities for groups of 3 or more.

*Outdoor Class | **Additional fee, space is limited and reservations are required



WEST COAST WELLNESS

Indulge in coastal wellness at The Spa with **CBD Journeys** featuring **OTO**, signature facials featuring **Natura Bissé**, and more.