



**THE SPA**  
AT TERRANEA

# FITNESS CALENDAR

## NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7:30a Seaside Yoga 8:30a Terranea Total Body 9:30a Stretch	2 7:30a Terranea Trio 8:30a Aqua Conditioning* 9:30a Seaside Yoga	3 7:30a Seaside Yoga 8:30a Cycle 9:30a Sculpt 10:30a Stretch	4 7:30a Seaside Yoga 8:30a Seaside Cycle 9:30a Swim*	5 7:30a Seaside Yoga 8:30a Seaside Cycle 9:30a Seaside Yoga 10:45a Terranea Total Body
6 7:30a Seaside Yoga 8:30a Nature's Gym* 9:30a Core Class 10:45a Seaside Yoga	7 7:30a Seaside Yoga 8:30a Zumba 8:30a Water Aerobics 9:30a Stretch	8 7:30a Seaside Yoga 8:30a Terranea Total Body 9:30a Stretch	9 7:30a Terranea Trio 8:30a Aqua Conditioning* 9:30a Seaside Yoga	10 7:30a Seaside Yoga 8:30a Cycle 9:30a Sculpt 10:30a Stretch	11 7:30a Seaside Yoga 8:30a Seaside Cycle 9:30a Swim*	12 7:30a Seaside Yoga 8:30a Seaside Cycle 9:30a Seaside Yoga 10:45a Terranea Total Body
13 7:30a Seaside Yoga 8:30a Nature's Gym* 9:30a Core Class 10:45a Seaside Yoga 3:00P Gratitude Practice	14 7:30a Seaside Yoga 8:30a Zumba 8:30a Water Aerobics 9:30a Stretch	15 7:30a Seaside Yoga 8:30a Terranea Total Body 9:30a Stretch	16 7:30a Terranea Trio 8:30a Aqua Conditioning* 9:30a Seaside Yoga	17 7:30a Seaside Yoga 8:30a Pilates 9:30a Sculpt 11:15a Cycle	18 7:30a Seaside Yoga 8:30a Seaside Cycle 9:30a Swim*	19 7:30a Seaside Yoga 8:30a Seaside Cycle 9:30a Seaside Yoga 10:45a Terranea Total Body
20 7:30a Seaside Yoga 8:30a Nature's Gym* 9:30a Core Class 10:45a Seaside Yoga	21 7:30a Seaside Yoga 8:30a Zumba 8:30a Water Aerobics 9:30a Stretch	22 7:30a Seaside Yoga* 8:30a Terranea Total Body 9:30a Stretch	23 7:30a Terranea Trio 8:30a Aqua Conditioning* 9:30a Seaside Yoga	24 7:30a Seaside Yoga 8:30a Cycle 9:30a Terranea Total Body 10:30a Stretch  <b>HAPPY THANKSGIVING!</b>	25 7:30a Seaside Yoga 8:30a Seaside Cycle 9:30a Swim*	26 7:30a Seaside Yoga 8:30a Seaside Cycle 9:30a Seaside Yoga 10:45a Terranea Total Body
27 7:30a Seaside Yoga 8:30a Nature's Gym* 9:30a Core Class 10:45a Seaside Yoga	28 7:30a Seaside Yoga 8:30a Zumba 8:30a Water Aerobics 9:30a Stretch	29 7:30a Seaside Yoga 8:30a Terranea Total Body 9:30a Stretch	30 7:30a Terranea Trio 8:30a Aqua Conditioning* 9:30a Seaside Yoga			



# TERRANEA FITNESS CLASSES

FOR MORE INFORMATION PLEASE CALL 310.265.2740  
100 TERRANEA WAY, RANCHO PALOS VERDES, CA 90275 | 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!

**Barre Fusion** - is 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.

**\*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.

**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.

**Tai Chi** - A series of movements originated as a Chinese Martial art and characterized by methodically slow circular and stretching movements and positions of bodily balance.

**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!

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

**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