



November 2018

FITNESS CENTER *Schedule*



Sunday

9AM Hot Aqua 4 Balance

10AM Waterfun*



Monday

7AM Ready, Set, Yoga!*

9AM Spin into Yoga



Tuesday

7AM Straight to the Core!

9AM Short Circuit from Head to Toe



Wednesday

7AM Yoga Pump

9AM Kettleblast



Thursday

7AM Short Circuit from Head to Toe

9AM Spin with a Splash!*

6PM Wine, Yoga... & Unwind*



Friday

7AM Kettleblast

9AM Straight to the Core!



Saturday

9AM Waterfun*

10AM Hot Aqua 4 Balance

5PM Wine, Yoga...& Unwind

For class description, please contact the Fitness Center or Front Desk. *All classes meet at the Fitness Center when offered outside; subject to change. For more information, please dial Navigator's desk extension 6023, call (787)980-1245 or email vflores@laconcharesort.com.



Fitness Center Class Description

November 2018

Ready, Set, Yoga!

The best way to start your day:
fitness for your body and your mind

Straight to the Core!

Improve your abs, back, and all your core muscles

Yoga Pump

Combine Yoga and strength training for total body fitness

Waterfun

Water resistance training helps to improve your stamina and have fun!

Spin with a Splash

Combination class format that trains your heart and strengthens your full body
with a cycling ride + water resistance interval training

Short Circuit from Head to Toe

Body Weight and Functional Training Workout to improve
your muscular and cardiovascular endurance

Spin Into Yoga!

Combination class format that trains your heart and strengthens
your lower body with a cycling ride interval training,
and then stretches your hard-worked muscles with yoga asanas

Hot Aqua 4 Balance

911 Rescue for all your soreness or tension
Aromatherapy, music therapy, breathing techniques and
PNF inspired stretches to release the challenges of the day

Kettleblast

Challenge you whole, pump your stamina and
resistance with Kettle bell movements



All classes meet at the Fitness Center when offered outside; subject to change. We offer a variety of wellness sessions for individuals, couples or groups upon request. Private classes for groups must be requested at least 12 hrs. in advance, an extra charge applies. For more information, please dial Navigator's desk extension 6023, call V (787) 980-1245 or email vflores@laconcharesort.com.