



March 2019

# FITNESS CENTER *Schedule*



*Sunday*

9AM Hot Aqua 4 Balance

10AM Waterfun\*



*Thursday*

7AM Short Circuit from Head to Toe

9AM Spin with a Splash!\*

6PM Wine, Yoga... & Unwind\*



*Monday*

7AM Ready, Set, Yoga!\*

9AM Spin into Yoga



*Friday*

7AM Kettleblast

9AM Straight to the Core!



*Tuesday*

7AM Straight to the Core!

9AM Short Circuit from Head to Toe



*Wednesday*

7AM Yoga Pump

9AM Bring it on!



*Saturday*

8AM Hot Aqua 4 Balance

11AM Waterfun\*

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](mailto:vflores@laconcharesort.com).



# Fitness Center Class Description

## March 2019

### *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

### *Bring it on!*

Bring your needs and we'll design a tailor-made workout JUST FOR YOU

### *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 (787) 980-1245 or email [vflores@laconcharesort.com](mailto:vflores@laconcharesort.com).