



FITNESS CENTER *Schedule*



Sunday

9AM You-ga Water Mix*
10AM Hot Aqua 4 Balance



Monday

7AM Ready, Set, Yoga!*
9AM FUNctional Yogi Tabata



Tuesday

7AM Core Ignition
9AM Full Body Torch



Wednesday

7AM Kettlebell Full Blast
9AM Bring it on!



Thursday

7AM Spin Into Yoga
9AM Spin with a Splash!*
6PM Wine, Yoga... & Unwind**



Friday

7AM FUNctional Yogi Tabata
9AM Core Ignition



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

You-ga Water Mix

Signature wellness approach at the water combine Yoga asanas and water resistance moves.

Ready, Set, Yoga!

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

Core Ignition

Improve your abs, back, and all your core muscles

Full Body Torch

Get ready for a full body training for workout

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

Functional Yogi Tabata

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

Kettlebell Full Blast

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.