

SEA * SPA

AT LOEWS CORONADO BAY RESORT

Group Exercise Classes

MONDAY

- 7:00 am Marina Spin
- 9:00 am Core-lates
- 9:00 am Beach Yoga
- 10:00 am Marina Spin
- 10:30 am Aqua Fitness

TUESDAY

- 7:00 am Marina Spin
- 8:00 am Yoga on the Docks
- 8:30 am Marina Spin
- 9:00 am Body Sculpt
- 10:00 am Roll-ates

WEDNESDAY

- 7:00 am Marina Spin
- 9:00 am Hatha Flow Yoga
- 10:00 am Marina Spin
- 10:30 am Aqua Fitness

THURSDAY

- 7:00 am Marina Spin
- 8:00 am Yoga on the Docks
- 9:00 am Marina Spin
- 10:00 am Core-lates

FRIDAY

- 7:00 am Marina Spin
- 8:00 am Beach Yoga
- 9:00 am Marina Spin
- 9:00 am Tone It Up
- 10:15 am Vinyasa Flow Yoga

SATURDAY

- 8:30 am Marina Spin
- 9:00 am Vinyasa Flow Yoga
- 10:00 am Marina Spin
- 10:30 am Aqua Fitness

SUNDAY

- 8:30 am Marina Spin
- 9:00 am Body Sculpt
- 10:00 am Marina Spin
- 10:00 am Yoga

All classes are 50-55 minutes long.

All classes are subject to change. Please call the Sea Spa at 619.628.8770 to confirm.

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Group Exercise Classes

MARINA SPIN

Focus on mountain climbs, high intensity intervals and full body muscle toning through Beats by Dre Headphones, and the latest in spin cycling technology with beautiful marina views.

VINYASA FLOW YOGA

A combination of movements and mental awareness helping you to control mind and body. The sequences of breath synchronized movement reduce stress and help keep your body strong.

BEACH YOGA AND YOGA ON THE DOCKS

A relaxing practice combining physical, mental and spiritual connection.
A flow of movements, breathing exercises and light meditation.

HATHA FLOW YOGA

A combination of breathing exercise and movements. Incorporates holding the poses, stretching and relaxation. Enjoy by recharging your body and feeling restored.

AQUA FITNESS

Designed to burn body fat and build muscle resistance.
The low impact work out is easy on the joints and suitable for all levels of fitness.

ROLL-ATES

Series of exercises using foam roller to improve posture, strengthening core muscles of the pelvis, abdomen and back.

CORE-LATES

Series of exercises incorporating small equipment to improve balance, trunk strength and flexibility.

BODY SCULPT

This is a full body workout with light weights, resistance training and own body weight that finishes with stretching.

TONE IT UP

A blend of cardio, weights and strength training intervals designed to burn calories, build lean body mass and boost your metabolism.