



MARINA SPIN

LOEWS

Join us for Marina Spin at Loews Coronado Bay Resort—a special spinning experience, overlooking our 81 slip marina on Coronado Bay. Our 50 minute classes feature Coronado Island’s finest instructors, through Beats by Dre headphones, and the latest in spin cycling technology.

Loews Coronado Bay Resort
Marina Spin features:

- The latest in spinning technology equipment – Keiser m3i spin bikes with magnetic resistance, Polar Heart Rate Monitoring with energetic music through Beats By Dre Headphones
- Sync and track your workouts and performance on smart phone app
- Coronado Islands finest instructors
- Marina Views – Outdoor spinning on our “Marina Spin Deck”
- Enjoy daily fruit infused water that compliments health and wellness
- Enjoy eucalyptus infused chilled towels after your workout
- Daily Smoothie/Juice offerings available for order during or after your workout

Enjoy an ever changing variety of classes that reflect and focus on:

- Mountain Climbs
- Speed and Power
- High Intensity Intervals
- Full body muscle toning
- Core Conditioning
- And More....

 **LOEWS** CORONADO BAY
RESORT

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