

GROUP EXERCISE SCHEDULE

OCEAN SPA & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM SPINNING <i>Gigi</i>	6:30 AM CARDIO KICKBOXING <i>Manny Bujold</i>	6:30 AM SPINNING <i>Gigi</i>	6:30 AM CARDIO KICKBOXING <i>Manny Bujold</i>	6:30 AM SPINNING <i>Gigi/Lisa</i>	8:30 AM SPINNING <i>Staff</i>	
9:15 AM WATER AEROBICS <i>Kim</i>		9:15 AM WATER AEROBICS <i>Sarah</i>		9:15 AM WATER AEROBICS <i>Gigi</i>	9:15 AM NIA <i>Bech</i>	
		10:30 AM CARDIO SCULPT <i>Jessica</i>			10:30 AM FLOOR PILATES (int-Adv) <i>Tina Bergen</i>	10:30 AM YOGA-75 MIN (int) <i>Mona</i>
4:30 PM CORE CONDITIONING ABS/BACK <i>Kim</i>	5:00 PM PILATES <i>Tina</i>		5:00 PM PILATES <i>Tina</i>			
5:30 PM TOTAL BODY TONE <i>Giji</i>	6:00 PM SPINNING <i>Gigi</i>	5:30 PM CORE CONDITIONING ABS/BACK <i>Kim</i>	6:00 PM SPINNING <i>Gigi/Lisa</i>			
6:30 PM YOGA-75 MIN (Level 1-2)) <i>Sarah</i>	7:00 PM YOGA-75 MIN (Level 1-2)) <i>Lisa G</i>	6:30 PM BELLY DANCING <i>Delila Longhofer</i>	7:00 PM YIN YOGA- 75 MIN <i>Doris P</i>	6:30 PM BELLY DANCING <i>Delila Longhofer</i>		

**All classes are 60 min unless time is noted

PRIVATE INSTRUCTION : we offer any of our classes for individual or group private instruction. please inquire at the spa desk.
loews hotel guests: \$10 daily fee includes fitness area, group classes, and use of sauna/steam ocean spa & fitness daily passes: \$30

GROUP CLASS DESCRIPTIONS

OCEAN SPA & FITNESS

SPINNING a non-impact workout and is performed on specialized bikes with adjustable resistance. This workout is an individually paced, non-competitive, group training system designed for all riders and fitness levels. Its all done in a high-energy, group environment that integrates music, camaraderie and visualization.

PILATES-BASED MAT CLASS a challenging workout consisting of floor exercises based on the teaching of Joseph Pilates. This class will strengthen the muscle groups of the abdominal area as well as the legs and buttocks.

BELLY DANCING an introduction to the basics of belly dance. Improve your coordination and flexibility while you learn undulations, figure eights, and shimmies. Dare to shake your chakras while empowering your feminine spirit!

SUPER CIRCUIT this fast-paced class combines stations of cardio and strength exercises to have fun, burn fat and sculpt your muscles from head-to-toe.

WATER AEROBICS jump in the pool with us for a workout devoted to improve your cardiovascular fitness and tone all of your muscle groups. Excellent workout for anyone; especially those with joint discomfort or orthopedic difficulties.

CARDIO KICKBOXING a medium-to-high energy class combining a mixture of kickboxing and aerobics with fun, upbeat music. Punching and kicking combinations as well as strength and flexibility training is used for a balanced-body workout.

Please join us. Classes are included in all memberships. As a hotel guest, you are welcome to attend. \$10 for hotel guests. \$25 for a visiting guest.

YOGA energize your mind, body, and soul
level I provides a safe environment for beginners to learn basic postures (class sun salutations, standing poses, forward bends, etc) ideal for those students who have not take yoga before or those that want to re-visit their poses.

level II/III this class introduces more challenging poses and variations for students who are comfortable with Level I and are ready for a challenge.

YIN YOGA power yoga. This class puts greater emphasis on lower body flexibility; it stretches and rehabilitates the connective tissue of the hips, pelvic and lower spine.

CORE CONDITIONING an excellent strengthening class for improving balance, posture and toning. The class will provide overall strengthening with emphasis on the abdominal and low back muscles.

CARDIO BURLESQUE be a touch naughty but totally acceptable with this playful liberating and glamorous class.

NIA a fun, empowering, body-mind-spirit fitness program. A dance movement class that supports the pleasure principle. If it feels good, keep doing it, if it hurts, stop! Nia is done barefoot to lively music and offers a cardiovascular and whole-body workout. Feel like a kid again!

TOTAL BODY TONE a fun resistance training class strengthening all the major muscle groups using free weights, dynabads, and your body weight!

CARDIO SCULPT an energetic, fun, multi-mode, total-body workout, maximize your time with this practical and functional workout routine.



LOEWS

SANTA MONICA BEACH
HOTEL