

GROUP EXERCISE MOVEMENT SCHEDULE

OCEAN SPA & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 – 7:30AM CYCLING <i>Brooke</i>	6:30 – 7:30AM BOOT CAMP <i>Jennifer</i>	6:15 – 7:30AM RIPPED RIDE <i>Brooke</i>	6:30 – 7:30AM BOOT CAMP <i>Jennifer</i>	6:00 – 7:00AM CARDIO KICKBOXING <i>Jennifer</i>		
8:00 – 9:00AM WATER AEROBICS <i>Brooke</i>	8:00 – 9:00AM FLOW YOGA <i>Mona</i>	8:00 – 9:00AM WATER AEROBICS <i>Gigi</i>	8:00 – 9:00AM YOGA AND MEDITATION <i>Mona</i>	8:00 – 9:00AM WATER AEROBICS <i>GIGI</i>	8:00 – 9:00AM CYCLING <i>Rob</i>	8:30 – 9:30AM LATIN FUSION <i>Beck</i>
9:30 – 10:00AM AB - SOLUTION <i>Brooke</i>	9:00 – 10:00AM NIA DANCE <i>Beck</i>	9:30 – 10:00AM AB - SOLUTION <i>Brooke</i>	10:00 – 11:15AM KUNDALINI YOGA <i>Jiwanbir</i>	9:30 – 10:30AM CYCLING <i>Linda</i>		
10:00 – 10:30AM TABATA <i>Brooke</i>	10:00 – 11:00AM YOGA SCULPT <i>Alex</i>	10:00 – 10:30AM TABATA <i>Brooke</i>	11:30 – 12:30 PM CORE FUSION <i>Emma</i>	11:00 – 12:00PM <i>Go BALListic</i> <i>Brooke</i>	9:30 – 10:30AM NIA DANCE <i>Beck</i>	9:30 – 10:30AM HOOP DANCE <i>Katie</i>
	5:00 – 6:00PM MAT PILATES <i>Marni</i>	4:30 – 5:30PM TOTAL BODY TONE <i>Gigi</i>	5:00 – 6:00pm PILATES FUSION <i>Marni</i>		10:30 – 11:30AM PILATES FUSION <i>Emma</i>	10:30 – 11:30AM FLOW YOGA <i>Mona</i>
5:30 – 6:30PM TOTAL BODY TONE <i>Gigi</i>	6:00 -7:00PM CYCLING <i>Gigi</i>	5:30 – 6:30PM ZUMBA <i>Rita</i>	6:00 -7:00PM CYCLING <i>Lisa</i>	5:00 – 6:00pm RESTORATIVE YOGA <i>Mona</i>	4:00 – 5:00PM FLOW YOGA <i>Rebecca</i>	4:00 – 5:15PM KUNDALINI YOGA <i>Jiwanbir</i>
6:45 – 8:00PM INTERMEDIATE YOGA <i>Rebecca</i>	7:15 – 8:15PM HOOP DANCE <i>Katie</i>	7:00 – 8:00PM YOGA ALL LEVELS <i>Claire</i>	7:15 – 8:15PM YOGA VINAYASA ALIGNMENT <i>Vanessa</i>			

MEMBERSHIPS:

LOEWS HOTELS GUESTS:

DAY PASSES:

PRIVATE INSTRUCTIONS:

PERSONAL TRAINING:

TO INQUIRE ABOUT MEMBERSHIP PLEASE CONTACT THE SPA FRONT DESK OR CALL 310.899.4040

\$10 DAILY FEE INCLUDES FITNESS CENTER, CLASSES & USE OF SAUNA & STEAM.

OCEAN SPA & FITNESS OFFERS DAY PASSES. PLEASE CONTACT THE SPA DESK FOR RATES.

ALL CLASSES ARE AVAILABLE FOR INDIVIDUAL AND GROUP PRIVATE INSTRUCTIONS.

ENHANCE YOUR WORKOUTS WITH A PERSONAL TRAINING SESSION. PLEASE CONTACT THE SPA DESK.

FALL/WINTER 2014-2015

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OCEAN SPA & FITNESS

AB-SOLUTION: The perfect core strengthening solution. Concentrated ab-centric floor-work is paired with deep restorative stretching.

BOOT CAMP: Anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

CARDIO KICKBOXING: Mix up your routine with flexibility and strength-building moves in kickboxing classes. A cardiovascular workout consisting of jabs, hooks, uppercuts and kicks designed to get you on your way to a leaner body and a healthier state of mind. All of this with no equipment needed.

CORE FUSION: This heart-pumping, energy-inducing fitness class focuses on core strength for the ultimate full body workout. Using weights, balls, bands, and your own body weight as resistance, this program will keep you burning calories long after the class is over.

CYCLING: A cardio workout on a stationary bike based on cycling principles. An unpredictable ride that is fun, exciting and challenging and leaves you ready for more.

GO BALLISTIC: For total body conditioning, strength, core stability and balance.

HOOP-DANCE: A high cardio fitness program that is taking the world by storm, A fun non-impact, fat-burning workout that strengthens your core and calms your mind.

LATIN FUSION: Exercise your cares and your calories away to a blend of Brazilian Dances, Salsa, Suelta, Reggaetón. Easy to follow and fun movement sequences make this a great workout that will raise your heart rate and get you moving

MAT PILATES: In this class you will learn the basic series of exercises upon which the entire Pilates method is built. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up.

NIA: A fun, empowering, body-mind-spirit fitness program. Dance barefoot to lively music that offers a cardiovascular and whole-body workout. Feel like a kid again!

PILATES FUSION: A challenging workout consisting of floor exercises. This class will strengthen the muscle groups of the abdominal area, legs and buttocks.

RIPPED RIDE: This class will kick your Ride workout up a notch by throwing weight workouts into the mix, maximizing your caloric burn and toning your arms, shoulders, chest and back.

TABATA: A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat.

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

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

YOGA –FLOW: This level one class explores asana (poses) including standing, seated, twists, and offers introductions to backbends, inversions and the fundamentals of sun salutations.

YOGA -INTERMEDIATE: For the more experienced student wishing to improve their practice. Synchronized movements focusing on balance, strength and flexibility.

YOGA -KUNDALINI: Kundalini Yoga (as taught by Yogi BhaJan) is a comprehensive sacred technology for achieving lasting transformation on all levels. Kundalini Yoga uplifts every part of your being by optimizing the glandular and nervous systems. Addresses such areas as energy, flexibility, metabolism, mental blocks and stress, and connects you with your infinite power for true prosperity.

YOGA-RESTORATIVE: Focus on relaxing your body in restful postures. Rest provides the body an opportunity to renew and heal.

YOGA-SCULPT: A total body workout. Set to energizing music and designed to tone and sculpt every major muscle group. Strength-training exercises such as squats, lunges, bicep and tricep curls are incorporated to build lean muscle mass.

YOGA – VINAYASA ALIGNMENT: A dynamic flow class set to a great soundtrack that invites participants to safely practice Yoga, grow strength and flexibility and learn skills needed for an intermediate/advanced Yoga practice

YOGA-YOGA & MEDITATION: Originally designed to strengthen the bodies of monks so they could sit for long periods in meditation, yoga's true promise is to "quiet the mind." Come experience the incredible benefits of a meditation practice, including reduced stress, better concentration, a strengthened immune system, and inner peace.

ZUMBA: Latin-inspired, aerobic, dance party! Are you ready to shake your hips and get fit? Burn calories and leave your endorphins feeling exuberating.

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