

FITNESS SCHEDULE

SUNDAY

6:30 AM SUNRISE THERAPEUTIC YOGA
7:30 AM BEACH BODY BOOTCAMP
8:30 AM BEACH POWER VINYASA YOGA
8:30 AM TRX TOTAL BODY
9:30 AM HOT PILATES
10:30 AM CARIBBEAN CYCLE
11:30 AM YIN YOGA
1:00 PM POOL FLOAT FIT

MONDAY

8:30 AM BEACH POWER VINYASA YOGA
9:30 AM STUDIO FLOOR YOGA
11:00 AM WALL YOGA (*Private Class, \$30*)

TUESDAY

7:30 AM OCEAN MORNING MEDITATION
7:30 AM BEACH BODY BOOTCAMP
8:30 AM BEACH POWER VINYASA YOGA
9:00 AM SKYLAB ASSISTED STRETCHING
9:30 AM STUDIO FLOOR YOGA
3:00 PM CIRCUIT TRAINING (*at the SkyLab*)

WEDNESDAY

6:30 AM SUNRISE THERAPEUTIC YOGA
7:30 AM OCEAN MORNING MEDITATION
8:30 AM BEACH POWER VINYASA YOGA
8:30 AM MINDFULNESS BEACH WALK
9:00 AM SKYLAB ASSISTED STRETCHING
9:30 AM STUDIO FLOOR YOGA
4:00 PM RESTORATIVE YOGA (*at the Studio*)

THURSDAY

7:30 AM BEACH BODY BOOTCAMP
8:30 AM BEACH POWER VINYASA YOGA
9:00 AM SKYLAB ASSISTED STRETCHING
9:30 AM STUDIO FLOOR YOGA
3:00 PM CIRCUIT TRAINING (*at the SkyLab*)

FRIDAY

6:30 AM SUNRISE THERAPEUTIC YOGA
7:30 AM BEACH BODY BOOTCAMP
7:30 AM OCEAN MORNING MEDITATION
8:30 AM BEACH POWER VINYASA YOGA
9:00 AM SKYLAB ASSISTED STRETCHING
9:30 AM HOT PILATES
10:30 AM CARIBBEAN CYCLE
11:30 AM FLOW YOGA
1:00 PM POOL FLOAT FIT
3:00 PM CIRCUIT TRAINING (*at the SkyLab*)

SATURDAY

6:30 AM SUNRISE THERAPEUTIC YOGA
7:30 AM BEACH BODY BOOTCAMP
7:30 AM OCEAN MORNING MEDITATION
8:30 AM TRX TOTAL BODY
9:00 AM SKYLAB ASSISTED STRETCHING
9:30 AM HOT PILATES
10:30 AM CARIBBEAN CYCLE
11:30 AM YIN YOGA
1:00 PM POOL FLOAT FIT

TENNIS LESSONS - 7 DAYS A WEEK

PRIVATE LESSON 1 HR - \$100 PER PERSON
GROUP LESSON 1 HR - \$150 PER PERSON
(UP TO 6 PEOPLE)

Scan, call 787.710.8225 or email
spareservations@fairmont.com to reserve.

ALL CLASSES ARE \$20 PER PERSON. FIRST COME, FIRST SERVE.
MUST BE 18 YEARS OF AGE OR OLDER TO PARTICIPATE IN ALL
GROUP CLASSES. RESERVATIONS REQUIRED 8 HOURS IN ADVANCE.



CLASS DESCRIPTIONS

BEACH POWER VINYASA YOGA

ENJOY THIS ALL-LEVEL VINYASA FLOW WORKOUT THAT WILL TAKE YOU THROUGH A VARIETY OF POSES TO HELP DEVELOP YOUR PRACTICE. ELEMENTS OF BALANCE, CORE STRENGTHENING, MUSCULAR FLEXIBILITY AND MENTAL ACUITY ARE COMBINED WITH KEEN FOCUS ON THE BREATH AND BREATHING TECHNIQUES.

STUDIO FLOOR YOGA

A YOGA WITH NO STANDING SEQUENCES, GIVING A BREAK TO OUR FEET AS WE MOVE THROUGH THE MAT STRETCHING, OPENING OUR HIPS AND CHEST. RELAXING THE BODY AND MIND AND RELEASING TENSION THAT CONSCIOUSLY OR UNCONSCIOUSLY WE WERE KEEPING WITHIN OURSELVES.

SKYLAB ASSISTED STRETCH

OUR CERTIFIED PERSONAL TRAINER WILL GUIDE YOU THROUGH A SERIES OF STRETCHES. EACH SESSION HELPS INCREASE FLEXIBILITY, PREVENT INJURY AND AID IN WORKOUT RECOVERY – WHILE ENJOY IN MENTAL AND PHYSICAL RELAXATION. WEAR LOOSE FITTING AND COMFORTABLE CLOTHING.

POOL FLOATFIT

A CHALLENGING WAY TO EXERCISE, FLOATFIT TAKES PLACE ON BOARDS THAT RESEMBLE INFLATABLE YOGA MATS. A LOW-IMPACT, CROSS-TRAINING WORKOUT, GUESTS GAIN STABILITY AND STRENGTH THROUGH HIIT WORKOUTS – ALL WHILE FLOATING IN WATER. WHAT SHOULD WE EXPECT FROM YOUR FIRST FLOATFIT SESSION? EXPECT TO GET WET! FOR CLOTHING ATTIRE, A SWIMSUIT IS PERFECT OR GYM CLOTHING THAT CAN BE IMMERSSED IN WATER WITHOUT DAMAGE IS ACCEPTABLE.

OCEAN MORNING MEDITATION

IMMERSE YOURSELF IN THIS ACTIVE MEDITATION THROUGH THE SOOTHING SOUNDS OF THE WAVES. EXPLORE NATURE AND EXPERIENCE THE BEAUTY OF THE SEA AND ADMIRING ITS EXPANSIVE SPLENDOR. THIS PRACTICE CALMS THE NERVOUS SYSTEM, ENHANCES CONCENTRATION AND SELF-AWARENESS.

CIRCUIT TRAINING

CIRCUIT TRAINING IS A STYLE OF WORKOUT WHERE YOU CYCLE THROUGH SEVERAL EXERCISES (USUALLY 5 TO 10) TARGETING DIFFERENT MUSCLE GROUPS WITH MINIMAL REST IN BETWEEN. THE RESULT IS A WORKOUT THAT TARGETS YOUR MUSCULAR STRENGTH, ENDURANCE AND YOUR CARDIORESPIRATORY SYSTEM.

RESTORATIVE YOGA

THIS CLASS WILL BE A SERIES OF POSES DESIGNED TO BRING YOUR MIND AND BODY RELAXATION. THE PRACTICE WILL INCLUDE PROPS SUCH AS BLANKETS AND BOLSTERS TO SUPPORT THE BODY. POSES WILL BE HELD ALLOWING THE MIND TO DRIFT INTO A CALM STATE. A RESTORATIVE PRACTICE IS AN IDEAL WAY TO CALM THE NERVOUS SYSTEM ALLOWING YOU TO BE PRESET AND CLEAR.

MINDFULNESS BEACH WALK

ALLOW YOURSELF IN A MINDFUL WALK ON THE BEACH AT THE MORNING WHERE YOU GRADUALLY BECOME MORE PRESENT IN THE MOMENT. GET READY TO ENJOY A MINDFUL MORNING THROUGH BREATHING TECHNIQUES, SENSORY MEDITATION AND BALANCE EXERCISES WITH THE OCEAN AS YOUR SOUNDTRACK.

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FAIRMONT EL SAN JUAN HOTEL