

FITNESS SCHEDULE

SUNDAY

8:30 AM TRX TOTAL BODY
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

7:30 AM BEACH BODY BOOTCAMP
9:00 AM SKYLAB ASSISTED STRETCHING
1:00 PM POOL FLOAT FIT
3:00 PM CIRCUIT TRAINING (*at the SkyLab*)

SATURDAY

7:30 AM BEACH BODY BOOTCAMP
8:30 AM TRX TOTAL BODY
9:00 AM SKYLAB ASSISTED STRETCHING
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.

RESERVATIONS REQUIRED 24 HOURS IN
ADVANCE

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



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.

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.



FAIRMONT EL SAN JUAN HOTEL