

# FITNESS ACTIVITIES

Well & Being®  
Fitness & Wellness  
AT EL SAN JUAN HOTEL



## SCHEDULE

### SUNDAY

8:00am-9:00am Power Vinyasa Flow Yoga  
9:30am-10:30am Wall Yoga  
11:00am-12:00pm Floor Yoga

### MONDAY

9:00am-10:00am Power Vinyasa Flow Yoga  
10:30am-11:00am Floor Yoga  
11:30am-12:30pm Wall Yoga

### TUESDAY

9:00am-10:00am Beach Body Boot Camp  
10:00am-11:00am Wall Yoga  
11:00am-12:00pm Power Vinyasa Flow Yoga

### WEDNESDAY

9:00am-10:00am Beach Body Boot Camp  
10:00am-11:00am Wall Yoga  
11:00am-12:00pm Power Vinyasa Flow Yoga

### THURSDAY

9:00am-10:00am Beach Body Boot Camp  
9:00am-10:00am Power Vinyasa Flow Yoga  
10:30am-11:00am Floor Yoga

### FRIDAY

8:00am-9:00am Beach Body Boot Camp  
8:00am-9:00am Power Vinyasa Flow Yoga  
10:00am-11:00am Wall Yoga  
11:30am-12:30pm In-Trinity®

### SATURDAY

8:00am-9:00am Beach Body Boot Camp  
8:00am-9:00am Power Vinyasa Flow Yoga  
10:00am-11:00am Wall Yoga  
10:00am-11:00am Float Fit  
11:30am-12:30pm In-Trinity®

**CLASSES ARE \$15 PER PERSON, WALL YOGA \$17 PER PERSON. FIRST COME FIRST SERVE. RESERVATION REQUIRED 8 HOURS IN ADVANCE. MUST BE 18 YEARS OF AGE OR OLDER TO PARTICIPATE IN GROUP FITNESS CLASSES.**

**CALL 787.710.8225 OR EXTENSION 6203/6204 FOR RESERVATIONS.**

# CLASS DESCRIPTIONS

**VINYASA FLOW** 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.

**HATHA YOGA** Hatha (or sun/moon) is a balanced yoga practice that focuses on proper alignment, breathing, and focus. Well-suited for beginners and practiced yogis alike. Bare feet, all levels.

**IN-TRINITY BOARD®** Yoga on the In-Trinity Board is a practice that accesses development of the mind & body through movement. This practice builds strength, deepens flexibility and improves balance, coordination and agility.

**FLOAT FIT** Take Stand Up Paddle Boarding to the next level in this unique and FUN group exercise workout. Inflatable “paddle boards” are tethered together to allow for a truly inspiring, core conditioning, cardiovascular water workout. Float Fit incorporates traditional land based movements like lunges, squats, aquaclimbers, v-sits and more...all on water! Swimsuit and/or water repellent workout gear required. Aqua shoes recommended.

**BEACH BODY BOOT CAMP** Get that Beach Body in shape with our fun and motivating Boot Camp style workout. Our expert trainers take you through a circuit program designed to shape and tone your body's muscles as well as trim and define your physique through unique cardio segments. Lots of fun, lots of sweat, lots of great energy!

**IN-TRINITY® WORKOUT** In-Trinity® is a practice that accesses development of the mind & body through movement. With new opportunities for movement below the board, this practice builds strength, deepens flexibility and improves balance, coordination and agility. In-Trinity programs breathe new life into traditional practices like yoga, Pilates and martial arts.

**CYCLE FIT** A cardio workout on the stationary indoor cycling bike. Classes are technique and terrains based and focus on sprints and climbs that can make an unpredictable ride that is fun and challenging. Wear athletic shoes, all levels.

**HOURS: MONDAY TO SUNDAY 9:00AM TO 7:00PM.**

**WELL & BEING SPA IS LOCATED ON THE 10<sup>TH</sup> FLOOR.**

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