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 repellant 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 10TH FLOOR.