

Fitness classes description

Indoor Spinning Class

The full-body workout has revolutionized indoor cycling and taken the world of fitness by storm. Combining inspirational coaching and high-energy music.

Watsu

Patients enjoy the gentle movements from the therapist as they relax in a warm pool of water. The movements in Watsu therapy help to reduce the physical effects of fibromyalgia as well as the psychological effects.

Get Fit

With High-intensity interval training, you can work out less and gain more.

Cardio Boxing

Cardio-boxing is a great way to condition the whole body because it builds muscle strength, endurance, balance, agility, and coordination.

Stretching

Focus on breath, mind-body awareness and body stabilization as individuals learn, various stretching techniques and functional movement patterns to aid with proper body alignment, flexibility & back care.

Salsa dance classes

Join us in a fun and rhythmical dancing class where you will learn the basic moves of a very popular Latin dance.

Core Training

Our goal with this class is to teach you how to obtain a better balance and power when executing any exercise, we will strengthen the whole torso, front, and back.

Couples Yoga

Couples and friends that sweat together stay together. Here's the proof. One of the most exciting (and potentially steamy) partner workouts is yoga.

Beach Yoga

Yoga helps improve overall health, sleep, encourages a more positive outlook on life, increased confidence, toning, a sense of calm and much more

Yoga for kids

Changes in routine and heightened expectations are part of every child's everyday life. It requires them to be able to self-regulate their emotions sometimes. Yoga teaches them how to self-soothe through calming techniques

Meditation Class

Calm your mind, melt your muscles and rejuvenate your spirit. Experience this meditation class combining gentle stretch, awareness breathing, and relaxation. A refreshing way to start your day.

Hatha Yoga

Focuses on the fundamental poses of the practice, with emphasis on alignment, form, breath, building core strength and increasing flexibility. (All levels)
Vinyasa Yoga

Beach Morning Walk

Keep your journey with peace and quiet of nature, and the unique landscape of the sea of Cortes. Our wellness guide will lead you along the beach, encouraging all to enjoy the tranquility of the moment.

Vinyasa Yoga

Is often faster paced, and the asanas (postures) are linked together in a series of movements that are synchronized with the breath.

Yoga Flow

Feel energized through a series of standing and balancing postures linking breath and movement.

Fitness classes Schedule

September

MONDAY

08:00 a.m. Beach morning walk
11:00 a.m. Get fit

TUESDAY

08:00 a.m. Stretching class
11:00 a.m. Salsa dance class
17:00 p.m. Vinyasa Yoga.

WEDNESDAY

08:00 a.m. Basic Yoga.
11:00 a.m. Core training

THURSDAY

08:00 a.m. Beach morning walk
11:00 a.m. Salsa Dance classes
17:00 p.m. Flow Yoga.

FRIDAY

09:00 a.m. Stretching Class.
11:00 a.m. Cardio Boxing

SATURDAY

08:00 a.m. Basic Yoga
11:00 a.m. Get Fit

SUNDAY

10:00 a.m. Hatha Yoga.

Meeting point Fitness Center

Classes are suitable from the age of 16 and up

Class times to range from 30 or 50 minutes

Groups are limited please reserve at the Spa or dial

#2063 from your suite room.

Class schedule is subject to change

Class description on reverse

**Personal Training and Private Fitness
classes are available.**

**Please dial extension #2063
for more information.**