

SEA * SPA

AT LOEWS CORONADO BAY RESORT

Group Exercise Class Description

Mix Cardio

A high energy cardio workout that focuses on burning calories. Techniques vary every class and include cycling, BOSU, kickboxing or other fun and creative ways to burn calories. 45 minutes.

Cycle and Abs

45-minutes of cycling using specially-designed stationary bicycles. This class offers cycling drills of all levels to give you a complete cardiovascular workout and lower body muscle conditioning. Finish the class with 10 minutes of abdominal work. 5 person maximum per class, please reserve space at the Sea Spa front desk. 55 minutes.

Guts and Glutes

This class concentrates on strengthening and toning the "core" muscle groups of the abdomen, back, legs and buttocks while adding a bit of cardio to keep the heart pumping. 55 minutes.

Power Walk

A vigorous walk that promotes a healthy cardio vascular system to help strengthen your body, while having a low impact on your joints. 50 minutes.

"Rahini" Yoga

A unique, healing style of yoga that is challenging, yet safe for individuals, helping to create better physical, mental and spiritual balance. 75 minutes.

Yoga Basics

This class concentrates on basic Yoga training to promote strength and flexibility while at the same time relaxing and centering the body and mind. 55 minutes.

Kids' Yoga

This also concentrates on basic Yoga training on a kid's level to promote strength and flexibility while at the same time relaxing and centering the body and mind. For ages 5–13. 30 minutes.

"Mat-based" Pilates

A Joseph Pilates based class that focuses on core strength, flexibility and endurance. This Mat class offers a complete series of movements done on the floor to keep the body strong and supple. This class is great for beginners of all ages. 55 minutes.

T.B.C.

Total Body Conditioning is a combination workout with a little bit of everything, designed to give you a total workout for your entire body. It promotes muscular and cardiovascular endurance using hand held weights, the ball, the BOSU and aerobic movement. 55 minutes.

Aqua Aerobics

Come join us in the adult pool for a great workout. 55 minutes.

Art at the Spa

Awaken your creativity and give expression to your inner voice at Sea Spa's adult art classes. Classes feature something different each week and art pieces can be taken home as a memorable souvenir. \$30 per person. 90 minutes.