



FITNESS CENTER PROGRAM

AT GRAND SOLMAR LAND'S END

PERSONAL TRAINING						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	BOOT CAMP (\$)	BEACH YOGA(\$)	BOOT CAMP (\$)	BEACH YOGA(\$)	BOOT CAMP (\$)	BEACH YOGA(\$)
8:00 AM	ABS WORKOUT (\$)	STEP CORE & BALANCE(\$)	ABS WORKOUT (\$)	STEP CORE & BALANCE(\$)	ABS WORKOUT (\$)	STEP CORE & BALANCE(\$)
9:00 AM	POWER YOGA (\$)	PILATES(\$)	POWER YOGA (\$)	PILATES(\$)	POWER YOGA (\$)	PILATES(\$)
10:00 AM	CARDIO THAI BOXING(\$)	CROSSFIT TRAINING(\$)	CARDIO THAI BOXING(\$)	CROSSFIT TRAINING(\$)	CARDIO THAI BOXING(\$)	CROSSFIT TRAINING(\$)
11:00 AM	DAY 1: CIRCUIT WEIGHT TRAINING(\$)	DAY 2: PUSH-PULL SUPER SETS(\$)	DAY3: INTERVAL EXPLOSIVE WORKOUT(\$)	DAY 4: UPPER & LOWER BODY(\$)	DAY 5: FUNCTIONAL TRAINING(\$)	DAY 6: COOL DOWN STRATCHING(\$)
ACTIVITY PROGRAM						
1:00 PM	CORN HOLE TOURNAMENT	AQUABODY SCULPTING	LADDER TOSS	AQUABODY SCULPTING	CORN HOLE TOURNAMENT	AQUABODY SCULPTING
2:00 PM	MEXICAN BINGO (LOTERIA)	LADDER TOSS	CORN HOLE TOURNAMENT	MEXICAN BINGO (LOTERIA)	LADDER TOSS	CORN HOLE TOURNAMENT
3:00 PM	BEACH VOLLEYBALL	BEACH VOLLEYBALL	BEACH VOLLEYBALL	BEACH VOLLEYBALL	BEACH VOLLEYBALL	BEACH VOLLEYBALL

24/7, self-training. Outdoor activities may be canceled due to weather conditions.

No reservation is necessary; please arrive 10 minutes in advance.

Classes cost: One class \$21 USD. Two classes \$30 USD.

Tennis court subject to availability; reservation through Grand Solmar Land's end's concierge.

Beach Volleyball at Solmar Hotel.

FOR INFORMATION, DIAL EXTENSION GYM 73951, CONCIERGE 73322, SPA 73204.