

## GROUP EXERCISE MOVEMENT SCHEDULE

## OCEAN SPA & FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 – 7:30AM CYCLE 60	6:30 – 7:30AM BOOT CAMP	6:15 – 7:30AM RIPPED RIDE	6:30 – 7:30AM BOOT CAMP	6:30 – 7:30AM CYCLE 60	7:00 – 8:00AM BEACH WALK & MEDITATION	7:00 – 8:00AM BEACH WALK & MEDITATION
8:00 – 9:00AM WATER AEROBICS	8:00 – 9:00AM YOGA ALL LEVELS	8:00 – 9:00AM WATER AEROBICS	8:00 – 9:00AM YOGA ALL LEVELS	8:00 – 9:00AM WATER AEROBICS	8:00 – 9:00AM CYCLE 60	8:30 – 9:30AM ZUMBA
9:30 – 10:00AM AB - SOLUTION	9:00 – 9:30AM B.L.T.	9:30 – 10:00AM AB - SOLUTION	9:00 – 9:30AM B.L.T.	9:30 – 10:00AM AB - SOLUTION		
10:00 – 10:30AM TABATA	9:30 – 10:30AM NIA DANCE	10:00 – 10:30AM TABATA		10:00 – 10:30AM TABATA	9:30 – 10:30AM NIA DANCE	9:30 – 10:30AM HOOP DANCE
	4:30 – 5:30PM PILATES FUSION	4:30 – 5:30PM TOTAL BODY TONE	4:30 – 5:30PM PILATES FUSION		10:30 – 11:30AM PILATES FUSION	10:30 – 11:30AM YOGA ALL LEVELS
5:30 – 6:30PM TOTAL BODY TONE	6:00 -7:00PM CYCLING	5:30 – 6:30PM ZUMBA	6:00 -7:00PM CYCLING	5:30 – 6:30PM RESTORATIVE YOGA	4:30 – 5:30PM VINAYASA YOGA 2	6:00 – 7:00PM MEDITATION YOGA
7:00 – 8:00PM VINAYASA YOGA 2	7:15 – 8:15PM HOOP DANCE	7:00 – 8:00PM YOGA ALL LEVELS	7:15 – 8:15PM YIN YOGA			

**MEMBERSHIPS:** TO INQUIRE ABOUT MEMBERSHIP PLEASE CONTACT THE SPA FRONT DESK OR CALL 310.899.4040  
**LOEWS HOTELS GUESTS:** \$10 DAILY FEE INCLUDES FITNESS CENTER, CLASSES & USE OF SAUNA & STEAM.  
**DAY PASSES:** OCEAN SPA & FITNESS OFFERS. PLEASE CONTACT THE SPA DESK FOR RATES.  
**PRIVATE INSTRUCTIONS:** ALL CLASSES ARE AVAILABLE FOR INDIVIDUAL AND GROUP PRIVATE INSTRUCTIONS.  
**PERSONAL TRAINING:** ENHANCE YOUR WORKOUTS WITH A PERSONAL TRAINING SESSION. PLEASE CONTACT THE SPA DESK.

**SPRING/SUMMER 2014**