



THE GRAND
DEL MAR
SAN DIEGO



ACTIVITY CALENDAR • JANUARY 2012

THE GRAND DEL MAR • JANUARY 2012 ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1 New Year's Day at Amaya - 7:30 am Zumba - 9:15 am Strong Yoga - 10:30 am Jr. Golf Clinic - 1 pm Afternoon Tea - 2 pm Happy Hour at Club M - 4 pm</p>	<p>2 Cardio Muscle - 8 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Vinyasa Flow Yoga - 5 pm</p>	<p>3 Spin & Sculpt - 7 am Adult Cardio Tennis Clinic - 8 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Restorative Stretch - 5 pm</p>	<p>4 Cardio Core Pilates - 7 am Custom Club Fitting - 8:30 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Qi Gong Meditation - 5 pm Evening Entertainment - 7 pm</p>	<p>5 Boot Camp - 7 am Custom Club Fitting - 8:30 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Inspiring Yoga - 5 pm Evening Entertainment - 7 pm</p>	<p>6 Yoga Flow - 7 am Custom Club Fitting - 8:30 am Afternoon Tea - 2 pm Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Club "M" oves Class - 5 pm Evening Entertainment - 7 pm</p>	<p>7 Canyon to Waterfall Hike - 8 am Custom Club Fitting - 8:30 am Adult Cardio Tennis Clinic - 10 am Total Body Workout - 10:30 am Jr. Tennis Clinic - 1 pm Afternoon Tea - 2 pm Titleist Jr. Golf Academy - 3 pm Happy Hour at Club M - 4 pm Sunset Yoga - 5 pm Evening Entertainment - 7 pm</p>	
<p>8 Zumba - 9:15 am Strong Yoga - 10:30 am Amaya Sunday Brunch - 11 am Jr. Golf Clinic - 1 pm Afternoon Tea - 2 pm Happy Hour at Club M - 4 pm</p>	<p>9 Cardio Muscle - 8 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Vinyasa Flow Yoga - 5 pm</p>	<p>10 Spin & Sculpt - 7 am Adult Cardio Tennis Clinic - 8 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Restorative Stretch - 5 pm</p>	<p>11 Cardio Core Pilates - 7 am Custom Club Fitting - 8:30 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Qi Gong Meditation - 5 pm Wine & Cheese Tasting at Addison - 6 pm Evening Entertainment - 7 pm</p>	<p>12 Boot Camp - 7 am Custom Club Fitting - 8:30 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Inspiring Yoga - 5 pm Evening Entertainment - 7 pm</p>	<p>13 Yoga Flow - 7 am Custom Club Fitting - 8:30 am Afternoon Tea - 2 pm Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Club "M" oves Class - 5 pm Evening Entertainment - 7 pm</p>	<p>14 Canyon to Waterfall Hike - 8 am Custom Club Fitting - 8:30 am Adult Cardio Tennis Clinic - 10 am Total Body Workout - 10:30 am Jr. Tennis Clinic - 1 pm Afternoon Tea - 2 pm Titleist Jr. Golf Academy - 3 pm Happy Hour at Club M - 4 pm Sunset Yoga - 5 pm Evening Entertainment - 7 pm</p>	
<p>15 Zumba - 9:15 am Strong Yoga - 10:30 am Amaya Sunday Brunch - 11 am Jr. Golf Clinic - 1 pm Afternoon Tea - 2 pm Happy Hour at Club M - 4 pm San Diego Restaurant Week at Amaya - 5:30 pm</p>	<p>16 Cardio Muscle - 8 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Vinyasa Flow Yoga - 5 pm San Diego Restaurant Week at Amaya - 5:30 pm</p>	<p>17 Spin & Sculpt - 7 am Adult Cardio Tennis Clinic - 8 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Restorative Stretch - 5 pm San Diego Restaurant Week at Amaya - 5:30 pm</p>	<p>18 Cardio Core Pilates - 7 am Custom Club Fitting - 8:30 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Qi Gong Meditation - 5 pm San Diego Restaurant Week at Amaya - 5:30 pm Evening Entertainment - 7 pm</p>	<p>19 Boot Camp - 7 am Custom Club Fitting - 8:30 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Inspiring Yoga - 5 pm San Diego Restaurant Week at Amaya - 5:30 pm Evening Entertainment - 7 pm</p>	<p>20 Yoga Flow - 7 am Custom Club Fitting - 8:30 am Afternoon Tea - 2 pm Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Club "M" oves Class - 5 pm San Diego Restaurant Week at Amaya - 5:30 pm Evening Entertainment - 7 pm</p>	<p>21 Canyon to Waterfall Hike - 8 am Custom Club Fitting - 8:30 am Adult Cardio Tennis Clinic - 10 am Total Body Workout - 10:30 am Jr. Tennis Clinic - 1 pm Afternoon Tea - 2 pm Titleist Jr. Golf Academy - 3 pm Happy Hour at Club M - 4 pm Sunset Yoga - 5 pm Evening Entertainment - 7 pm</p>	
<p>22 Zumba - 9:15 am Strong Yoga - 10:30 am Amaya Sunday Brunch - 11 am Jr. Golf Clinic - 1 pm Afternoon Tea - 2 pm Happy Hour at Club M - 4 pm</p>	<p>23 Cardio Muscle - 8 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Vinyasa Flow Yoga - 5 pm</p>	<p>24 Spin & Sculpt - 7 am Adult Cardio Tennis Clinic - 8 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Restorative Stretch - 5 pm</p>	<p>25 Cardio Core Pilates - 7 am Custom Club Fitting - 8:30 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Qi Gong Meditation - 5 pm Evening Entertainment - 7 pm</p>	<p>26 Boot Camp - 7 am Custom Club Fitting - 8:30 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Inspiring Yoga - 5 pm The Grand Tasting - 6:30 pm Evening Entertainment - 7 pm</p>	<p>27 Yoga Flow - 7 am Custom Club Fitting - 8:30 am Afternoon Tea - 2 pm Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Club "M" oves Class - 5 pm Evening Entertainment - 7 pm</p>	<p>28 Winter Wellness Retreat - 8 am Canyon to Waterfall Hike - 8 am Custom Club Fitting - 8:30 am Adult Cardio Tennis Clinic - 10 am Total Body Workout - 10:30 am Jr. Tennis Clinic - 1 pm Afternoon Tea - 2 pm Titleist Jr. Golf Academy - 3 pm Happy Hour at Club M - 4 pm Sunset Yoga - 5 pm Evening Entertainment - 7 pm</p>	
<p>29 Zumba - 9:15 am Strong Yoga - 10:30 am Amaya Sunday Brunch - 11 am Jr. Golf Clinic - 1 pm Afternoon Tea - 2 pm Happy Hour at Club M - 4 pm</p>	<p>30 Cardio Muscle - 8 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Vinyasa Flow Yoga - 5 pm</p>	<p>31 Spin & Sculpt - 7 am Adult Cardio Tennis Clinic - 8 am Titleist Jr. Golf Academy - 4 pm Happy Hour at Club M - 4 pm Restorative Stretch - 5 pm</p>	<p>EVENT DESCRIPTIONS, FULL TIMES AND PRICING ARE LOCATED INSIDE.</p>				



DINING & CULINARY EVENTS

WINTER WINE & CHEESE TASTING AT ADDISON

Wednesday, January 11, 6:00 pm – 8:00 pm
Start the New Year with a few of our favorite things: Tor Kenward Family Wines and Venissimo Cheese. Wine Director Jesse Rodriguez welcomes Tor Kenward himself and a local cheese expert for a progressive wine and cheese tasting in the Library. \$45 per person



SAN DIEGO RESTAURANT WEEK AT AMAYA

Sunday, January 15 – Friday, January 20
5:30 pm – 10:00 pm
Amaya's Chef Camron Woods tempts your palate with three courses of delicious dishes, such as *Cider-Glazed Hot-Smoked Salmon with crushed red skin potatoes*, *Slow-Roasted Center Cut Pork Chop with mushroom and potato hash* and *Warm Apple Bread Pudding with raspberry sorbet*.
\$40 per person / \$65 with wine
Reservations: 858.314.2727

THE GRAND TASTING: OREGON PINOT NOIR SPRING PRELUDE

Thursday, January 26, 6:30 pm – 8:30 pm
Manchester Salon
Spring forward with a preview of Oregon's renowned pinot noirs debuting this year. Nibble on cheese and charcuterie as you stroll a tasting of pinots from Brooks Winery, Chehalem, Elk Cove and Bethel Heights, each wine perfectly paired with a tempting hors d'oeuvre from Amaya's Chef Camron Woods.
\$75 per person, all-inclusive
Reservations: 858.314.1996



NEW YEAR'S DAY AT AMAYA

Sunday, January 1, 7:30 am – 2:00 pm
Begin the New Year with a mouthwatering breakfast buffet, featuring an array of traditional classics and signature Amaya favorites.
\$40 per person / \$15 per child (ages 6 – 12)

SUNDAY BRUNCH AT AMAYA

Sundays, 11:00 am – 3:00 pm
Featuring an enticing array of options for both breakfast fans and lunch lovers, Amaya's "À La Carte Brunch" highlights include *Brioche French Toast topped with bananas and chocolate-hazelnut sauce*, *Classic Eggs Benedict*, refreshing salads, warm sandwiches and savory entrées, such as *Catalan Shrimp* and *Penne Pasta with Angus Beef Tips*.
Menu items start at \$12.
Reservations: 858.314.2727
Note: Not available on January 1.

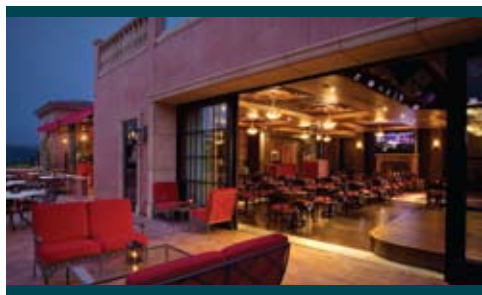
AFTERNOON TEA

Friday – Sunday, 2:00 pm – 4:00 pm
Enjoy an elegant afternoon honoring a timeless tradition in the charming setting of our Library.
Tea service starts at \$36.
Reservations: 858.314.1988

HAPPY HOUR AT CLUB M

Daily, 4:00 pm – 8:00 pm
Warm your winter spirits with a new seasonal cocktail to choose from every week. Or, sip on sommelier-selected wines by the glass and select draft beers – all at very "happy" prices.

EVENING ENTERTAINMENT



WEEKENDS AT CLUB M

Friday – Saturday, 7:00 pm – 1:30 am
Heat things up at The Grand Del Mar's hottest nightlife venue, featuring global fare, creative cocktails, live music, guest DJs and dancing.

LOBBY LOUNGE

Wednesday – Saturday, 7:00 pm – 11:00 pm
Pair an expertly crafted cocktail with the popular hits performed by guitarist and singer Kenny Yarborough (Wednesdays). Enjoy the exotic fiery sounds of Flamenco guitarist Fred Benedetti (Thursdays). Or, groove to the jazz and contemporary music sounds of Rick Ross (Fridays) and pianist/vocalist Jon Sandoval (Saturdays).

SHOPPING

RESORT BOUTIQUES

Stroll through The Grand Del Mar's boutiques and shops, such as The Collection, featuring a selection of designer clothing and accessories, or the Spa Boutique, offering the resort's exclusive handmade organic skin care line, yoga and relaxed wear; candles, small gifts, robes and slippers.
Gift cards also available: 858.314.2000

EXPLORER'S CLUB



OPEN USE

Sunday – Thursday, 9:00 am – 5:00 pm
Friday – Saturday, 9:00 am – 10:00 pm
Enjoy the latest video game systems, including Nintendo Wii, Kinect for Xbox 360 and Playstation 3; traditional fun, such as board games, foosball, ping pong and air hockey; the Seewall – a floor-to-ceiling plasma mural illuminating life under the sea; and fully-stocked arts and crafts stations.
\$15 per hour per guest
Reservations required: 858.314.1988

DAILY CHILDREN'S PROGRAMMING

9:00 am – 12:30 pm: Crafts and Activities
12:30 pm – 1:00 pm: Lunch
1:00 pm – 5:00 pm: Crafts and Activities
5:00 pm – 10:00 pm**: Games and Movies
**Friday and Saturday only. Dinner is served 7:00 pm – 7:30 pm.
Inspired by the resort's setting and in the spirit of adventure, the Explorer's Club offers flexible four-hour and eight-hour explorations for guests ages 5 to 12. Each day of the week features unique themed activities and crafts, from "Under the Sea" on Mondays to "Going Green" on Saturdays.
\$50, four hours / \$90, eight hours
Pricing is for consecutive use. Lunch and/or dinner are only available at the scheduled times and included in the pricing.
Reservations: 858.314.1988

**WINTER WELLNESS RETREAT:
REBOOT & RELAX**

Saturday, January 28, 8:00 am – 6:00 pm

Get a head start on your New Year's resolution with The Spa's first seasonal wellness retreat: *Reboot and Relax*. Begin the day with a rigorous waterfall hike in Los Peñasquitos Canyon Preserve, followed by a wellness seminar, *Sleeping Beauty — The Secrets to Mastering Rest*; nutritional class and alfresco lunch by the Relaxation Pool. The stress continues to melt away with your choice of one 60-minute spa treatment and a soothing *Sunset Yoga* class.

Full-day retreat: \$400 per person

Reservations: 858.314.2020

RE-NEW YEAR DAY SPA PACKAGE

Make a fresh start in 2012, beginning with your skin. Indulge in a 60-minute *Refined Vichy* shower experience, 60-minute *Refresher* facial, spa lunch and full use of The Spa's facilities, Relaxation Pool and fitness center.

Reservations: 858.314.2020



IMPROVE YOUR IMMUNITY AT THE SPA

Alleviate stress and boost your immunity during the winter cold and flu season. Manual Lymph Drainage (MLD) induces a deep state of relaxation and removes toxins through light, rhythmic motions in the direction of the lymph flow. Treatments are most effective in a series and can also be added to facial or massage therapies.

Reservations: 858.314.2020

HAIM SALON

A new year, a new you! From manicures and pedicures to expert cut, color and style professionals, Haim Salon offers an array of services to polish your new look in 2012.

Reservations: 858.314.2020

**COMPLIMENTARY CUSTOM
CLUB FITTING**

Wednesday – Saturday, 8:30 am – 3:30 pm

Drop in and test drive the latest golf equipment from every major manufacturer on the market as you experience the most complete outdoor club fitting analysis available.

Reservations: 858.314.1930

JUNIOR GOLF CLINIC

Sundays, 1:00 pm – 2:30 pm

Junior golfers join The Grand Golf Club pros to learn both short game techniques and how to swing like a "Tiger."

\$30 per child (ages 5 – 16)

Reservations: 858.314.1930



**TITLEIST JUNIOR
PERFORMANCE ACADEMY**

Monday – Friday, 4:00 pm – 5:30 pm

Saturdays, 3:00 pm – 4:30 pm

Top experts from the Titleist Performance Institute (TPI) instruct junior golfers in an innovative program held exclusively at The Grand Golf Club. This unique approach to golf and golf fitness instruction helps develop rotational velocity and teaches golf in a fun and engaging format. The 90-minute sessions include warm-up, cool-down, team-building activities and skills stations.

\$40 per child (ages 5 – 13)

Reservations: 858.314.1930



JUNIOR TENNIS CLINIC

Saturdays, 1:00 pm – 2:00 pm

Junior tennis enthusiasts (ages 5 – 12) are invited to learn the basics or sharpen their tennis skills. Tennis racquets are provided.

\$25 per child

Reservations required: 858.314.1988

Register by 7:00 pm on Friday.

Two-hour cancellation notice required



ADULT CARDIO TENNIS CLINIC

Tuesdays, 8:00 am – 9:00 am

Saturdays, 10:00 am – 11:00 am

Elevate your heart-rate, reach your aerobic training zone, and do it on the court instead of in the gym.

\$30 per person

Reservations required: 858.314.1988

Register by 7:00 pm the night before.

Two-hour cancellation notice required.

PRIVATE TENNIS LESSONS

Improve your game or learn the basics with former top-seeded tennis players. Singles, doubles, groups of up to six and families are welcome.

Singles rates: \$50, 30 minutes / \$90, one hour

Doubles/Group rates start at \$100 per hour

Family rate: \$150, 90 minutes

Reservations required: 858.314.1988

Two-hour cancellation notice required.

COSTAL ACTIVITIES

THE GRAND BEACH SERVICE

The alluring Pacific Ocean – a mere five miles away – beckons, and The Grand Del Mar's beach service offers an easy way to soak up the San Diego sun. Service includes round-trip transportation to/from Del Mar's 18th Street beach; set-up of beach chairs and umbrellas; beach towels and bottled waters.

Complimentary for resort guests; based on availability. 24-hour advanced notice preferred: 858.314.1988

KAYAK THE SEVEN CAVES OF LA JOLLA*

Experience amazing ocean and wildlife views on a two-hour kayak tour of the La Jolla Sea Caves and the fascinating marine paradise of the La Jolla Ecological Reserve. Guided by a passionate and well-trained kayak enthusiast, even first-time kayakers are welcome for a chance to see seals, sea lions and sometimes dolphins in the gentle waves of the Pacific.

\$50 per person / \$80 double kayak
Includes kayak rental.

Reservations required: 858.314.1988



LA JOLLA SEGWAY® TOUR*

Discover La Jolla on a Segway® Personal Transporter, the "Bike of the Future." During your two-hour guided tour, you will learn how to ride a Segway® and explore popular sites, such as Seal Beach, Sonny Jim's Cave, Windansea Beach and more. Comfortable attire and suitable footwear recommended.

\$149 per person

Reservations required: 858.314.1988

Seven-day cancellation notice required.

DAILY SUNSET SAIL*

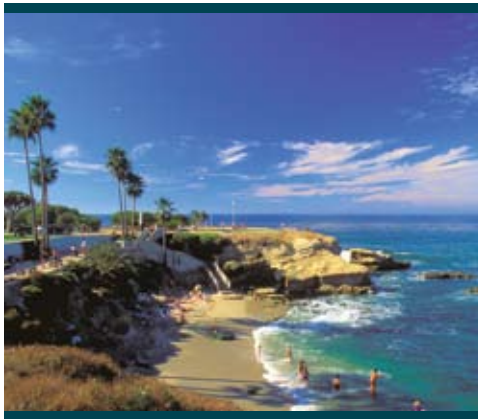
There's simply no better way to take in the beauty of San Diego's downtown skyline than from the water. Embark on a three-hour sail and take in the sights, including Cabrillo National Monument, possible wildlife and a beautiful sunset – California style.

\$85 per person

Complimentary beverages and snacks are provided.

Reservations required: 858.314.1988

48-hour cancellation policy.



SURF'S UP*

Whether you are a beginner who wants to try surfing for the first time or an advanced surfer looking to take it to the next level, head to the beach for a private surf lesson. Adult, kids, family and group lessons are all available; surf board and wet suit rentals included.

Private lessons start at \$85 per hour.

Reservations required: 858.314.1988

TORREY PINES CLIFF TOP TO THE PACIFIC

A descent from the famous cliff top groves of Torrey Pines State Reserve to the pristine beach below offers a unique perspective of the area's mysterious coastal ecosystems. This private guided two-hour, moderate downhill hike is approximately 2.5 miles with sweeping vistas of the Pacific Ocean. Suitable footwear recommended.

\$75 adults / \$35 youth (ages 12 – 17)

Reservations required: 858.314.1988



CLIFFSIDE WALK

Enjoy a two-hour guided coastal hike along La Jolla's historic Cliffside Trail. You'll learn about sea life, nesting birds, Native American lore and beach culture on this moderate three-mile tour. The trail is mostly paved with some hilly sections; suitable footwear recommended.

\$75 adults / \$35 youth (ages 12 – 17)

Reservations required: 858.314.1988

CANYON ADVENTURES

CANYON TO WATERFALL HIKE

Saturdays, 8:00 am – 10:00 am

Discover prehistoric pasts, an abundance of flora, wildlife communities, flowing creeks and waterfalls, and scenic vistas along this guided hike. The tour is four miles and moderately strenuous. Suitable footwear recommended.

Complimentary for resort guests (ages 12 and up).

Reservations required: 858.314.1988

Please register by 7:00 pm Friday. Limited availability.

Daily private hikes are also available; pricing varies.



CYCLING ADVENTURES*

Cycling and mountain biking provide fast-paced outdoor adventures in an environment tailor-made for two wheels. Bike the scenic paved trails located conveniently next to the resort, or for the more adventurous, enjoy the more than 37 miles of mountain biking trails located in Los Peñasquitos Canyon. Suitable footwear recommended.

Bike rentals: \$45 per day

Private guided 2-hour canyon tours:

\$105 adults / \$65 youth (ages 12 – 17)

24-hour advanced reservations required: 858.314.1988



SELF-GUIDED SCENIC TRAILS

Visit the Concierge for a Resort Trail Map featuring three self-guided walking or jogging routes along the resort's perimeter with views of the beautiful canyon.

*Service provided by outside vendor.

EQUESTRIAN CENTER



HORSEBACK RIDING*

Tuesday – Sunday, 9:00 am – 4:30 pm
Saddle up your little ones for a pony ride, or take to the trails on a memorable adventure through Los Peñasquitos Canyon Preserve.

15-minute lead line pony ride (ages 2 – 6), \$35 per child. Trail Rides: 1 hour, \$125 / 1.5 hours, \$160 / 2 hours, \$195

24-hour advanced reservations required: 858.314.1988
Limited availability. All levels welcome. Riders must be at least 7 years old and at least 50 inches tall. Pony rides for ages 2 – 6 and up to 140 pounds.

Note: Closed January 1.

RIDING LESSONS*

Tuesday – Sunday, 9:00 am – 4:30 pm
Riders of all levels are invited to learn from seasoned trainers at The Grand Del Mar's on-site Equestrian Center. Lessons include riding, grooming and tacking/untacking.

1.5 hours, \$125

24-hour advanced reservations required: 858.314.1988
Riders must be at least 5 years old.

Note: Closed January 1.

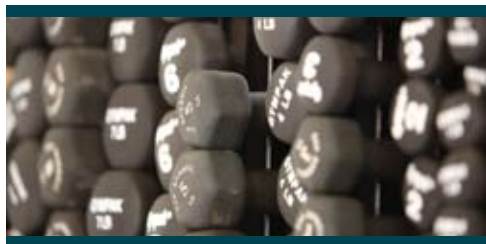
*Service provided by outside vendor.

PERSONAL FITNESS TRAINING

Daily, by appointment, 7:30 am – 6:00 pm
Whether designing a series of yoga poses to ease troubled muscles or building a strength training plan to improve target areas, our instructors provide a personalized fitness session just for you.

One 50-minute session, \$100

Reservations required: 858.314.2020



COMPLIMENTARY FITNESS CLASSES AT THE SPA

CARDIO MUSCLE

Mondays, 8:00 am – 9:00 am

Burn fat, blast calories and tone up to today's hottest tunes with body sculpting moves combining weights, cardio and plyometric drills.

VINYASA FLOW YOGA

Mondays, 5:00 pm – 6:00 pm

"Just breathe" with a series of yoga poses that flow with the breath and focus on overall strength.

SPIN & SCULPT

Tuesdays, 7:00 am – 8:00 am

This interval training alternates three to five minutes of spin with three to five minutes of upper and lower body exercises. (Class limited to eight people.)



RESTORATIVE STRETCH

Tuesdays, 5:00 pm – 6:00 pm

Melt away the stress of the day with deep head-to-toe stretching, increasing flexibility and aligning posture.

CARDIO CORE PILATES

Wednesdays, 7:00 am – 8:00 am

Practiced barefoot with a focus on foot and posture strength and alignment, this cardiovascular class involves calisthenic drills, dance principles, yogic postures and finishes with Mat Pilates.

QI GONG MEDITATION

Wednesdays, 5:00 pm – 6:00 pm

Meditate, rejuvenate and energize with an easy array of Qi Gong modalities, and strengthen your breathing, core and posture.

BOOT CAMP

Thursdays, 7:00 am – 8:00 am

Discover the beauty of The Grand Del Mar with this high-intensity class involving a combination of running, interval training and full-body movements.

INSPIRING YOGA

Thursdays, 5:00 pm – 6:00 pm

Uplift your spirits with a challenging and creative series of poses designed to calm, strengthen and inspire. All levels are welcome.

YOGA FLOW

Fridays, 7:00 am – 8:00 am

Flow with your body, breath and music, as you move and stretch through different postures and poses.

CLUB "M" MOVES CLASS

Fridays 5:00 pm – 6:00 pm

Before you head to Club M, learn a variety of dance floor skills, including ballroom, Latin and salsa basics; body movement; and solo, partner and group moves.

TOTAL BODY WORKOUT

Saturdays, 10:30 am – 11:30 am

This class provides a total body workout utilizing your own body weight, exercise balls and resistance bands.

SUNSET YOGA

Saturdays, 5:00 pm – 6:00 pm

Experience the Grand outdoors and a beautiful sunset during Inspiring Yoga.



ZUMBA

Sundays, 9:15 am – 10:15 am

High-energy music combines with unique cardio combinations, including salsa and merengue dance moves.

STRONG YOGA

Sundays, 10:30 am – 11:30 am

Practice yoga techniques incorporating hand-held weights to challenge your balance, firm your muscles and increase flexibility.