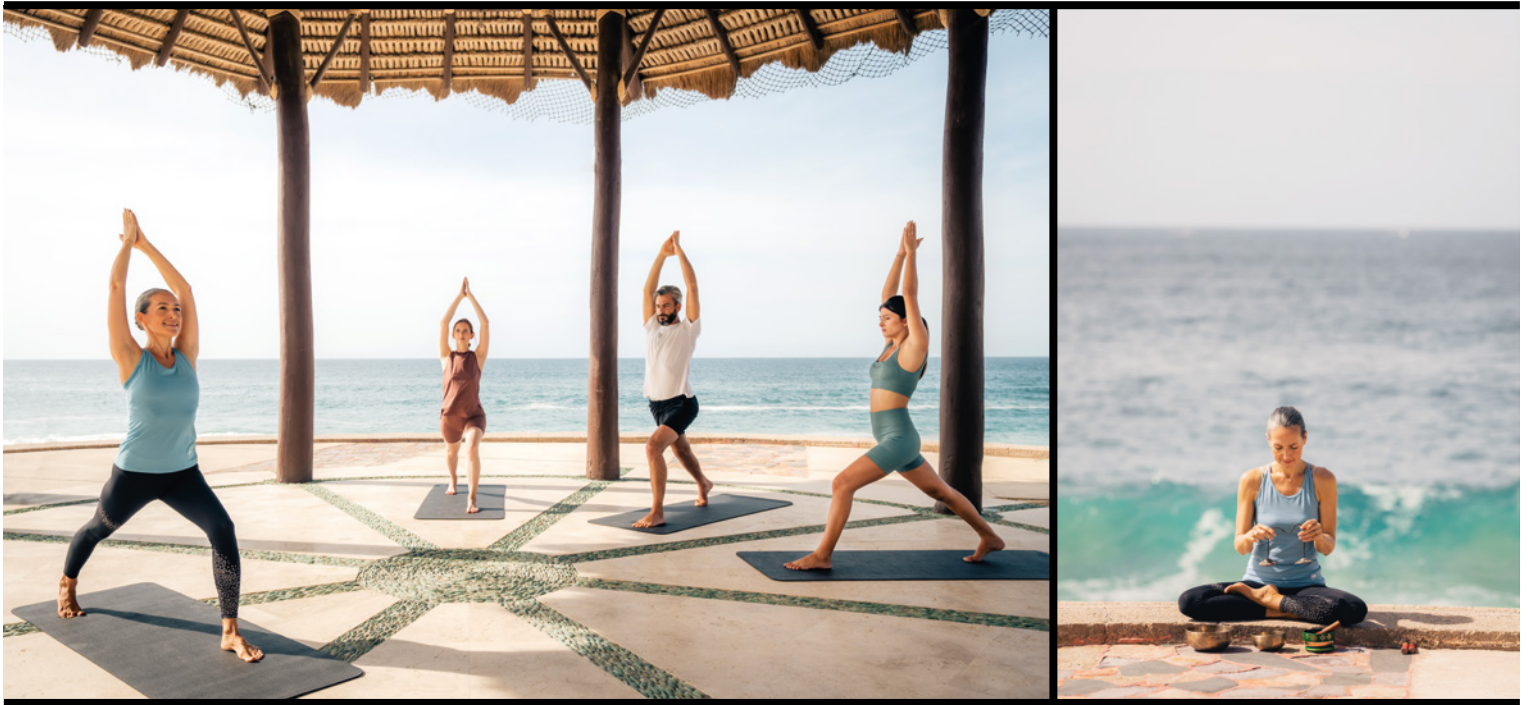




WALDORF ASTORIA®  
LOS CABOS • PEDREGAL

# FITNESS CLASSES SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00 a.m. Yoga	8:00 a.m. Yoga	8:00 a.m. Yoga	8:00 a.m. Yoga	7:00 a.m. Hiking 8:00 a.m. Yoga	8:00 a.m. Yoga
			9:00 a.m. Body Sculpt	9:00 a.m. Functional Training	9:00 a.m. Bootcamp	

Complimentary for our guests

MORE OPTIONS FOR PRIVATE CLASSES ARE AVAILABLE INCLUDING TENNIS LESSONS  
MEETING POINT FOR ALL CLASSES: THE GYM

For reservations, please contact your personal concierge or sign up at the gym



# CLASSES DESCRIPTION

## BEACH BOOTCAMP

(50 min) This is a military-style class that involves plyometric, high intensity intervals, strength training, cardio, core/balance works, various types of intense explosive routines and stretching for one fat-blasting good Time. The benefits of doing ModuVated Boot Camp include: mental health, helps to reduce high blood pressure, hypertension and combat stress. The ModuVated team takes pride in providing the inspiration, variation and most importantly, the enjoyment factor to energize your workout. Be prepared for a total body transformation.

## TONE & SCULPT

(50 min) This class is designed specifically for those looking to tone their bodies regardless of individual fitness level. Our full body workout class helps your build lean muscle and increase muscular endurance.

## BODY SCULPT

(50 min) This class is a strength training workout that combines flexibility and cardiovascular conditioning using various tools and techniques to strengthen your entire body. With body sculpting, you receive a cardiovascular and fat-burning workout. It is designed to shape and tone the body without building muscular size or bulk. It is highly recommended for those enrolled in a weight loss program because it helps retain lean muscle tissue while boosting metabolism.

## ZUMBA

(50 min) Zumba is a global lifestyle brand that fuses Latin- inspired dance- fitness moves like Salsa, Merengue, Reggaeton, an Flamenco, and the sort of choreography you might see in a nightclub. Zumba exercise classes are "fitness-parties " that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration . It combines fast and slow movements along with body weight training to help sculpt your body while having fun at the same time.

## PAIN FREE LIVING

(50 min) If you experience pain in your neck, shoulders, lower back, knees or feet, you probably have a joint mobility issue. Over time, in active adults, muscle begins to stick to connective tissue, causing chronic pain and injuries. Overactive and under active muscles also play a significant role in chronic pain and injuries. We address these issues in this class and in our individual mobility assessment process.

## BARRE

(50 min) Inspired by ballet barre, yoga, and Pilates, this class guides you through a specific sequence of movements that tone and lengthen all major muscle groups. You will be doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles). Some of the exercises will be using the barre to help yourself balance. The exercises will have a small range-of-motion but you will be doing high repetitions of each. Using low-impact movements, this class delivers a full body workout.