



WALDORF ASTORIA®
MONARCH BEACH RESORT & CLUB

WELLNESS CLASSES

YOGA, STRETCH & MEDITATION

BEACH MINDFUL MEDITATION

Explore guided meditation on the beach, where your mind is shaped by the instructor's calming voice and the soothing sounds of the ocean. Whether you choose to be seated or in supine position, under the sun or in the shade, you will relax, breathe deeply, and focus on calming your mind to feel a sense of balance and inner peace.

BEACH YOGA

Enjoy the sunshine and sound of the waves as you are guided through a gentle yoga class incorporating asana flow, balance, long stretches, and mindful breathing exercises. This relaxing class along the Pacific Ocean will refresh and revitalize your mind, body, and senses.

FLOW YOGA

Also known as Vinyasa, Flow Yoga is a posture-focused class that links movement and breath from pose to pose. Perhaps the most popular style of yoga practiced in the West, you will flow through sequences of traditional sun salutations and standing postures, building strength and endurance as you explore the edge of your balance and flexibility. The Vinyasa practice becomes a moving meditation that creates freedom and fluidity in the body and mind. Modifications are provided to accommodate all fitness levels.

REIKI RESTORE

Allow yourself to receive the healing benefits in an immersive 50-minute Reiki class. Calming music and deep breathing allows your body to release tension and embrace the transformative power of Reiki. More than just a relaxation technique, this class is a journey of restoration and rejuvenation. Begin with oracle card pulls, allowing intuitive messages to guide your inner exploration. Let a guided meditation carry you inwards, quieting the mind and connecting with your deepest self. Then, experience the magic of hands-on Reiki healing. Feel the gentle touch of a certified practitioner as they channel universal energy, balancing your chakras and clearing blockages. Imagine stress melting away, replaced by a profound sense of peace and well-being.

ROLL & RECOVER

Dedicated to recovery and created in partnership with TriggerPoint, this is a progressive foam rolling class designed to restore the entire body and fulfill your total fitness by alleviating muscle soreness and tension, while enhancing muscle performance recovery.



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YOGA, STRETCH & MEDITATION *(continued)*

SEASIDE STRETCH & STABILIZE

Flow through a sequence of rejuvenating stretches while incorporating deep breaths, spinal alignment, posture, and body protection. This workout is designed to aid your body's ability to avoid injury and maintain flexibility, which can become more difficult as we age. The instructor guides you through each position and keeps a close eye on your alignment to help you achieve optimal results.

SINGING BOWLS MEDITATION

Multiple layers of meditation techniques will be used in this class to bring your nervous system into equilibrium, including Yoga Nidra and the crystal singing bowls featured in our yoga studio.

STRETCH & CORE

A full body stretch and wind down class combined with core movements throughout. Low intensity class for recovery and relaxation.

STRETCH YOGA

Relaxing and gentle flow yoga designed for all levels. Use breathing and resting to deepen the posture in this restorative and relaxing class. Yoga props are used and provided.

STRENGTH & CARDIO

ABS & CORE

Strengthen and engage your core muscles through a dynamic sequence of planks, twists, crunches, and more. This class trains the muscles in your pelvic, low back, hips and abdomen to work together, which ultimately helps to prevent back pain and injuries in your daily physical routines.

AQUA AEROBICS

Located in our Spa Lap Pool, this class uses water as resistance for exercises designed to work the muscular and cardio systems. All levels welcome.

BARRE FUSION

This class combines traditional barre movements and body weight movements with a focus on core and stability. A full body workout with an emphasis on spinal alignment, body positioning and core stability.



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STRENGTH & CARDIO *(continued)*

BEACHSIDE BARRE

Focusing on your body's stabilization and proper function, this class engages both minor and major muscle groups with an emphasis on core stability and spinal alignment. With the Pacific Ocean as a backdrop, this class moves at a reasonably fast pace to maintain an elevated heart rate as you work toward building long, lean, functional muscles, and long-lasting joint mobility.

BEACH BOOT CAMP

Located at the beautiful Monarch Bay Beach Club, this well-rounded workout is enjoyable for all levels. This class incorporates ramps, steps, cardio drills, core work, strength training, and body weight work, along with traditional and untraditional boot camp style moves.

BOXING BOOT CAMP

Step into the ring with this high-intensity workout that blends the best of traditional boxing conditioning, functional fitness, and fun, music-driven, combination work. This 50-minute class will improve your cardio endurance, balance, agility, and core strength. Modifications provided to accommodate all fitness levels; no boxing experience necessary.

KICKBOXING CARDIO

This class is a cardio based workout including, boxing, kicking and a lot of sweating. Learn basic punches and kicks while keeping your heart rate up. High intensity fun workout! All levels welcome.

MAT PILATES

This low-impact class is geared toward increasing core stability for your body's optimal movement and range of motion. With an awareness of the health of the spine, Pilates was developed to educate the body to move safely and efficiently while enhancing all other training programs. Mat Pilates will focus on maintaining the neutral alignment of the spine while strengthening abdominals, glutes, hamstrings, and back extensor muscles. All levels welcome.

MONARCH BEACH OUTDOOR WORKOUT

Have fun exercising while taking in the surroundings of the hotel. Lots of cardio, some bodyweight exercises, and resistance band work while you travel around the property. FULL body workout with minimal equipment.

OUTDOOR SPIN

Pedal to upbeat music and enjoy the scenic resort and pool views in this invigorating spin class. Great for all fitness levels, you'll improve your endurance, and torch calories as you ride a variety of hill climbs and fast flats, plus increase your strength with mixed conditioning exercises.



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STRENGTH & CARDIO *(continued)*

RESTORATIVE COASTAL WALK

Enjoy a scenic 2.5 mile trail hike from the resort to the beach, featuring a mix of hills and flats. Beginning from the Spa's front desk, the hike will head down toward the golf course and through to the public beach trail. This hike remains on the paved trail and does not lead into the sand. Sneakers or walking shoes are recommended, as well as sunscreen, hat, and sunglasses for sun protection.

R.I.P.P.E.D.

R.I.P.P.E.D. (Resistance, Interval, Power, Plyometrics, Endurance, Diet) is a sport-based, HIIT (High-Intensity Interval Training) class that works all major muscle groups using weights, agility and MMA (mixed martial arts) moves in a fun, dynamic and ever-changing hour. Modifications shown for ALL fitness levels. R.I.P.P.E.D. is for EVERY body!

SCULPT & TONE

A non-aerobic, muscle toning class focused on improving core strength, increasing flexibility, and revving up your metabolism to maximize your calorie-burn. In this total-body conditioning class, you are guided through a series of traditional weight training exercises designed to strengthen and tone all the major muscle groups in your body.

STUDIO BARRE

A full-body workout with emphasis on spinal alignment, body positioning, and core stability. This class works at a medium/fast pace to establish an optimal heart rate zone for low level cardio. Don't be intimidated by the pace, as we provide modifications for all levels. The structure of the class is designed to establish a long, lean muscles, heart health, and balanced, functional body alignment.

TOTAL BODY STRENGTH

This is a full body conditioning strength workout! Including heavier weights, time under tension, and various exercises to tone your whole body with slow and controlled movements. Modifications are provided, open to all fitness levels.

TRX CIRCUIT TRAINING

Using the TRX Suspension Trainer and your own body weight, this total-body workout is a fusion of strength training exercises and bursts of cardio to elevate your heart rate, build strength, and sculpt your core. The unique design of the TRX allows each participant to be challenged, while working at his or her own level of intensity. Modifications provided for all fitness levels.