



WALDORF ASTORIA®  
MONARCH BEACH RESORT & CLUB

# ACTIVITY GUIDE

START	END	CLASS NAME	LOCATION
<b>MONDAY</b>			
8:00am	8:45am	Garden Mat Pilates	Spa Pool Deck
8:00am	8:45am	Spin with a View	Grand Lawn
9:00am	9:45am	Coastal Circuit	Grand Lawn
9:30am	10:15am	Seaside Stretch & Stabilize	Beach
3:00pm	3:45pm	Beach Yoga	Beach
4:00pm	4:45pm	Beach Mindful Meditation	Beach
<b>TUESDAY</b>			
6:00am	7:00am	Sunrise Set on the Beach	Meet on the Grand Lawn
8:00am	8:45am	Flow Yoga	Spa Pool Deck
8:00am	8:45am	Body Boot Camp	Grand Lawn
9:00am	9:45am	Ask a Trainer	Athletic Club Pavilion
9:00am	9:45am	Coastal Barre Without the Barre	Grand Lawn
9:00am	9:45am	Breathe & Stretch Mindfully	Spa Pool Deck
10:00am	10:45am	Members Only: Spin by the Pool	Spa Pool Deck
10:00am	10:45am	Garden Mat Class	Grand Lawn
11:00am	11:45am	Ask A Trainer - Workout Tips	Athletic Club Pavilion
<b>WEDNESDAY</b>			
8:00am	8:45am	Yogalates	Spa Pool Deck
8:00am	8:45am	Spin with a View	Grand Lawn
9:00am	9:45am	Coastal Circuit	Grand Lawn
9:00am	9:45am	Flow Yoga	Spa Pool Deck
9:30am	10:15am	Body Burn on the Beach	Beach
10:30am	11:15am	Seaside Stretch & Stabilize	Beach
1:00pm	1:45pm	<b>Members Only: Aqua Fit Class</b>	Spa Pool

Classes are offered weather permitting & sign-ups are required. Face masks required for all classes and while visiting the Athletic Club Pavilion.

START	END	CLASS NAME	LOCATION
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### THURSDAY

8:00am	8:45am	Coastal Circuit	Grand Lawn
8:00am	8:45am	Singing Bowls Meditation	Spa Pool Deck
9:00am	9:45am	Barre Without the Barre * 12 and up with parent	Grand Lawn
9:00am	9:45am	Flow Yoga	Spa Pool Deck
10:00am	10:45am	Mat Class * 12 and up with parent	Grand Lawn
3:00pm	3:45pm	Yoga for Sleep	Spa Pool Deck
4:00pm	4:45pm	Singing Bowls Meditation for Sleep	Spa Pool Deck

### FRIDAY

6:00am	7:00am	Sunrise Set on the Beach	Meet on the Grand Lawn
8:00am	8:45am	Flow Yoga	Spa Pool Deck
8:00am	8:45am	Spin with a View	Grand Lawn
9:00am	9:45am	Coastal Circuit	Grand Lawn
9:00am	9:45am	Yoga Fit	Spa Pool Deck
10:00am	10:45am	Garden Mat Pilates	Spa Pool Deck
10:00am	5:00pm	Lawn Toys, Games & Crafts Available to Check Out	Kids Club
11:00am	11:45am	Ask A Trainer - Workout Tips	Athletic Club Pavilion

### SATURDAY

8:00am	8:45am	Flow Yoga	Spa Pool Deck
8:00am	8:45am	Rise & Shine Stretch & Tone	Grand Lawn
9:00am	9:45am	Spin with a View	Grand Lawn
9:00am	9:45am	Flow Yoga	Spa Pool Deck
10:00am	10:45am	Boot Camp Basics *Age 12 and up with a parent present	Grand Lawn
10:00am	10:45am	Nervous System Reset Guided Meditation	Spa Pool Deck
10:00am	5:00pm	Lawn Toys, Games & Crafts Available to Check Out	Kids Club

### SUNDAY

8:00am	8:45am	Wake Up Workout	Grand Lawn
8:00am	8:45am	Yin Yoga	Spa Pool Deck
9:00am	9:45am	Coastal Circuit *Age 12 and up with parent present	Grand Lawn
9:00am	9:45am	Vinyasa Flow Yoga	Spa Pool Deck
10:00am	5:00pm	Lawn Toys, Games & Crafts Available to Check Out	Kids Club
10:00am	10:45am	Stretch & Release	Grand Lawn
10:00am	10:45am	Yogalates	Spa Pool Deck

(revised Dec 17)

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