SCHEDULE AND REGISTRATION

Fitness at Park Hyatt Aviara

Week of Monday August 8, 2022

All classes are at 9:00am unless otherwise noted.

55 min in length. Perfect for all levels. Walk down the Grand Staircase and you'll see the fitness cart. Please see individual day for specific location in case of rain.

Scroll down to register and pay.

$10 for our local community.

Complimentary for Park Hyatt Aviara hotel guests.

MONDAY

9:00am BARRE with Liberty

Barre is a toning workout that engages muscles you wouldn't normally target…high reps, low impact and challenging to anyone looking to fine-tune your muscles. No ballet/dance experience required.

TUESDAY

9:00am CIRCUIT COMBO with Samantha

A combination of strength, stretches, cardio and functional movements

WEDNESDAY

9:00am STRONG & LEAN with Liberty

Lift, lean, tone and strengthen with a full body strength workout plus pops of cardio for a complete workout to start your day

THURSDAY

9:00am CIRCUIT COMBO with Samantha

A combination of strength, stretches, cardio and functional movements

FRIDAY

9:00am BARRE with Angelica

Barre is a toning workout that engages muscles you wouldn't normally target…high reps, low impact and challenging to anyone looking to fine-tune your muscles. No ballet/dance experience required.

SATURDAY

9:00am BARRE with Angelica

Barre is a toning workout that engages muscles you wouldn't normally target…high reps, low impact and challenging to anyone looking to fine-tune your muscles. No ballet/dance experience required.

SUNDAY

9:00am YOGA with Stephanie

Connect your mind and body with physical postures, breathing techniques, meditation and relaxation.

PERSONAL TRAINING, PRIVATE GUIDED LAGOON HIKES, PRIVATE SUP YOGA, PRIVATE GUIDED E-BIKE TOURS TO BEACH AVAILABLE UPON REQUEST

PERSONAL TRAINING REQUEST

PAY HERE

REGISTER HERE