

MOVEMENT & FITNESS

JANUARY-FEBRUARY 2017

MONDAY, JANUARY 9TH

Wellness Collective Launch Event: Fitness + Movement Focus

Dr. Lee Rice, DO, FAAFP, FAOASM & Meghan Bothwell, MS, CSCS, Exercise Physiologist with the Lifewellness Institute

6:00pm | Terrace Room

TUESDAY, JANUARY 10TH

Somalates, a unique fusion of somatic & Pilates movements, with Jenny Gadbois

4:30pm | Yoga Pavilion

THURSDAY, JANUARY 12TH

Beach Walk with May Onisko

10am | Meet at The Spa & Caravan to Cardiff State Beach

THURSDAY, JANUARY 19TH

Outdoor Bootcamp with May Onisko

9am | Meet at The Spa, Bootcamp at Hacienda Lawn

FRIDAY, JANUARY 20-22

Radiant Health Chi Workshop with Seymour Koblin

Various Times | Yoga Pavilion

THURSDAY, JANUARY 26TH

Water Aerobics with May Onisko

9am | Spa Pool

TUESDAY, FEBRUARY 7TH

Hip Hop Yoga with Anna Spalding

4:30am | Yoga Pavilion

MONDAY, FEBRUARY 13TH

Torrey Pines Hike with May Onisko

10:30am | Meet at Rancho Valencia & Caravan to Torrey Pines State Natural Reserve

SUNDAY, FEBRUARY 19TH

Road Ride with Lenita

9am | Meet at Rancho Valencia