

Delano, SLS, and Shoreclub welcomes all guests to enjoy our fitness amenities, included with your stay

## fitness class menu

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BEACH BOOT CAMP</b> Ready to take it up a notch? Push yourself with our total body Beach Boot Camp designed to take your fitness to the next level. Our boot camp includes various training techniques including high intensity interval training and functional strength conditioning.	<b>BEACH BOXING CAMP</b> Bring out your inner fighter and boost your performance with this fun boxing inspired boot camp. Challenge yourself with mixed training modalities including high intensity aerobic intervals, cardio boxing and functional strength conditioning.	<b>CORE CARDIO CIRCUIT</b> Our high energy, non-stop cardio circuit provides a total body workout improving your strength and endurance, while increasing your metabolic capacity to continue burning calories for up to 38 hours!	<b>BEACH BOX &amp; BURN</b> A full body cardiovascular beach boxing class that encompasses the technical aspects of boxing with core strengthening exercises. Boost your heart rate and burn hundreds of calories. All fitness levels.

**TUESDAY-FRIDAY**  
**classes 9:00am – 10:00am**  
 60 minutes. All levels welcome.  
 Refreshments & towels provided.

**Meeting Location: 17th STREET BEACH ACCESS**  
 Please arrive early to meet your instructor by the LIFE GUARD STAND on the beach, located through the 17th Street Beach Access.

SATURDAY		SUNDAY
<b>y o g a</b> 9:00am - 10:00am Towels, mat and water provided.	<b>YOGALATES</b> Come get that post-yoga glow with our mix of Yoga and Pilates. Helping you to improve body flexibility as well as strengthening your muscles. Our alignment based flow will allow you to develop an increased sense of mind-body connection and build confidence while leave everything else behind and escape in your practice.	<b>SOUND HEALING YOGA</b> This calm yoga class is an opportunity to reduce stress, alleviate pain, improve sleep, increase concentration, and create a deeper sense of well being through yoga and vibrational medicine.

## meet your trainers

**Donato De Martiis**  
 Boxing Boot Camp + Care Cardio Circuit former pro boxer who currently coaches professional boxers at world champion level. His team is energetic, positive, and will have you feeling your best.

## a la carte items

**Private Sessions + One of a Kind Experiences**  
 For private training, fitness and wellness packages, or further inquiries please visit: Concierge on Lobby Level or Ciel Spa at the Delano Hotel located on the Penthouse floor (305) 674-6100 | Delano.Ciel@sbe.com