

## fitness class menu

Delano welcomes all guests to enjoy our fitness amenities, **included with your stay**

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>BEACH BOOT CAMP</b></p> <p>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.</p>	<p><b>BEACH BOXING CAMP</b></p> <p>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.</p>	<p><b>CORE CARDIO CIRCUIT</b></p> <p>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!</p>	<p><b>BEACH BOX &amp; BURN</b></p> <p>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.</p>	<p><b>OUTDOOR YOGALATES</b></p> <p>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.</p>

**all classes 7:45am – 8:45am**

60 minutes. All levels welcome  
Refreshments & Towels provided

**Meeting Location: DELANO BEACH HUT**

Please arrive early to meet your instructor by the Delano Beach Hut and lifeguard stand, located behind the Delano Hotel.

sound  
healing  
yoga

This indoor 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.

Towels, Mat and Water provided

- | When: Saturday
- | Where: Florida Room (next to the gym)
- | What Time: 9:15 am

## meet your trainers

**Donato De Martiis**

Boxing Boot Camp + Care Cardio Circuit former pro boxer who currently coaches professional boxers at world champion level.

## a la carte items

**Private Sessions + One of a Kind Experiences**

For private training or further inquiries please visit: Concierge on Lobby Level or the Spa in the Penthouse (305) 674-6100 | Fitness.Delano@sbe.com