



THE RESORT
AT PEDREGAL



WELLNESS
CLASS DESCRIPTIONS

Yoga, Stretching, and Meditation Class Descriptions:

Hatha Yoga: Brings peace to your mind and body is ideal before meditation. The class will start relatively gentle & slow, great for beginners who prefer a more relaxed style but can be modified to fit your practice.

Vinyasa: Encourages movement synchronized with breath & can be a vigorous style based on a rapid flow through sun salutations. Structured to meet your desired practice or personal fitness level, this class encourages mind body connection with an emphasis on breathing.

Ashtanga Yoga: This class is typically fast-paced however we encourage students to move at their own pace & honor their bodies. There are six series in total, increasing in difficulty and will challenge you in new ways.

Power Yoga: Have you ever heard Yoga is too easy? If so this version may change your perspective. Power yoga gives our instructors freedom and flexibility to design the flow's that will challenge your desire to challenge your body.

Restorative Yoga: Restorative is gentle, relaxing and a passive style. Allowing for students to relax and release the body into a gentle stretch. This style makes use of a wide range of props, including bolsters, blocks, straps and blankets. The intention is to provide support within each pose, making it easier to completely let go.

Mindfulness and Meditation: The practice Mindfulness has existed for thousands of years and is scientifically proven to decrease stress levels, improve productivity and happiness. Learn to center yourself using standing and seated meditation techniques. Become present in the moment, and set your positive intention for the day using a series of proven breathing and visualization techniques proven to reduce stress and increase gratitude.

Restorative Stretching: Unwind from the stresses of daily life and get in touch with your body through a series of deep stretches and breathing techniques. Great for Golfers, Tennis players and anybody looking to improve mobility and flexibility.

Stretching For Golf: This class incorporates resistance bands, TRX Straps and your own bodyweight. The focus is on full body stretches designed to improve your flexibility and range of motion while reducing the possibility of injury and possibly your Golf handicap. Can be scheduled for 30 or 60 minutes.



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1 pax \$190USD + 16% tax, 2 pax \$280 USD + 16% tax, 3-5 pax \$450 USD + 16% tax, 6 -10 pax \$600 USD + 16% tax

Yoga On The Beach: Hear and smell the waves crashing into the rocks as you align with your breath and transition from downward dog to sun salutation. This beginner to intermediate level guided class features a mix of asana flows in a relaxing ambiance.

Yoga For Kids: It's never too early to start improving your mind & body connection. This beginner class is designed for kids and appropriate for all ages.

Gentle Yoga: An often considered easier, less intense, non-strenuous, minimalistic, quiet, meditative, and restorative class. It can be performed at our beautiful beach palapa, Yoga Room, or the privacy of your own villa.

Foundation Training: Is a solution to reduce back pain, improve your posture and enhance athletic performance. If you have acute or chronic back pain, want to enjoy the benefits of better posture, or learn new healthy stretches, this class is for you.



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Elite Fitness Class Descriptions:

Elite Beach Bootcamp: Keep burning calories hours after this circuit of exercises is completed with a series of high intensity training designed to test your endurance, speed, agility, and strength. This class combines dynamic warm-ups, high-speed plyometrics, and traditional body-weight exercises with equipment such as Speed Ladders, Medicine Balls, and Sand Bags! Great for groups that like a challenge.

Crossfit on the Beach: You have never experienced Crossfit like this before. Complete a series of traditional Crossfit exercises proven to improve strength in endurance. Maximize results by training in the sand in a challenging group atmosphere.

Cardio Boxing: Enhance cardiovascular endurance, speed, coordination and strength one round at a time. Great for improving your footwork, confidence and self defense. All equipment provided. (By appointment Only)

Mat Pilates: Gently perform a series of simple bodyweight movements designed to improve Flexibility and Mobility of your Hips, Back, and Posterior Chain of muscles. Learn proven series of powerful deep stretches that will help improve your posture.

Elite Spin: This low impact fitness activity is challenging, fun, and one of the best ways to improve cardiovascular conditioning while burning lots of calories. Get ready for a high energy playlists and intense group atmosphere. (By appointment Only 1x1)

Glutes and Abs: This terrific toning class focuses specifically on strengthening the Lower Body, Core, and Balance. Get ready for the beach by toning your Glutes and shredding your Abs during this challenging 60 min class. Learn what works and how to most effectively train these problem areas.

Resistance Band Sculpting: The benefits of using resistance bands to improve strength or numerous. Sculpt your body in new ways with this challenging and dynamic total body conditioning class.

Group Hiking: Enjoy a scenic hike and panoramic views of The Pacific Ocean and Sea of Cortez. A light warm up stretch is preceded by a 45 minute guided hike to the top of Pedregal. Great for all ages and the entire family. Hiking shoes are suggested and water is provided.



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Capo Fitness: Inspired by the Brazilian martial arts “Capoeira” this class combines movement, music, and acrobatics to deliver amazing fitness results. Learn how to leverage power, speed, and complex movements to improve mobility and conditioning. This Total Body Intense workout will challenge all major muscle groups.

High-intensity interval training (HIIT): This class alternates short periods of intense anaerobic exercise with less intense recovery periods. HIIT is the concept where one performs a short burst of high-intensity (or max-intensity) exercise followed by a brief low-intensity activity, repeatedly. This workout is proven to maximize calories burned post workout.

Senior Strength Training: We understand “Getting old is not for the Weak” and will design this class to your current fitness level. Use resistance bands to help strengthen your muscles which and prevent age-related muscle loss. Improve Flexibility, increase your muscle elasticity, and strengthen your connective tissues, tendons, and ligaments.

TRX Bodyweight Training: Challenge your body in new dynamic ways using your own bodyweight and proven circuit training methods. Improve Balance and Flexibility while strengthening stabilizer muscles and burning plenty of calories. Great for all ages and fitness levels!

Functional Fitness: Learn about and improve the 5 Pillars of Functional Fitness. Every class is tailored to the groups fitness level and uses a variety of fitness equipment and proven training methods. Push, Pull, Rotate, Balance and Stabilize to enhance everyday life and athletic performance.

Tabata: This workout is a form of high intensity interval training designed to get your heart rate up in that very hard anaerobic zone for short periods of time. By doing this, you train all of your energy systems with 20 Seconds off work and 10 Seconds rest for 8 Rounds.



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