

Fitness Calendar

August 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						01 8:00a Pi-Yo with Kim 9:00a Seaside Cycle with Kim
02 8:00a Sunrise Stretch & Flex with Kim 9:00a Spin-Sculpt Fusion with Kim 10:00a Nature's Gym* with Kim	03 8:00a Seaside Yoga with Nina 9:00a Good Morning Stretch with Nina 5:30a Sunset Yoga with Jose 6:30a Guided Meditation with Jose	04 7:00a Seaside Yoga with Tanya 8:00a Terranea Total Body with Tanya 9:00a Good Morning Stretch with Tanya	05 8:00a Seaside Yoga with Nina 9:00a Good Morning Stretch with Nina	06 6:30a Good Morning Stretch with Tanya 7:30a Seaside Yoga with Tanya 5:30p Sunset Yoga with Jose	07 8:30a Barre Fusion with Kim 9:30a Seaside Cycle with Kim 10:45a Seaside Yoga with Jose	08 8:00a Pi-Yo with Kim 9:00a Seaside Cycle with Kim
09 8:00a Sunrise Stretch & Flex with Kim 9:00a Spin-Sculpt Fusion with Kim 10:00a Nature's Gym* with Kim	10 8:00a Seaside Yoga with Nina 9:00a Good Morning Stretch with Nina 5:30a Sunset Yoga with Jose 6:30a Guided Meditation with Jose	11 7:00a Seaside Yoga with Tanya 8:00a Terranea Total Body with Tanya 9:00a Good Morning Stretch with Tanya	12 8:00a Seaside Yoga with Nina 9:00a Good Morning Stretch with Nina	13 6:30a Good Morning Stretch with Tanya 7:30a Seaside Yoga with Tanya 5:30p Sunset Yoga with Jose	14 8:30a Barre Fusion with Kim 9:30a Seaside Cycle with Kim 10:45a Seaside Yoga with Jose	15 8:00a Pi-Yo with Kim 9:00a Seaside Cycle with Kim
16 8:00a Sunrise Stretch & Flex with Kim 9:00a Spin-Sculpt Fusion with Kim 10:00a Nature's Gym* with Kim	17 8:00a Seaside Yoga with Nina 9:00a Good Morning Stretch with Nina 5:30a Sunset Yoga with Jose 6:30a Guided Meditation with Jose	18 7:00a Seaside Yoga with Tanya 8:00a Terranea Total Body with Tanya 9:00a Good Morning Stretch with Tanya	19 8:00a Seaside Yoga with Nina 9:00a Good Morning Stretch with Nina	20 6:30a Good Morning Stretch with Tanya 7:30a Seaside Yoga with Tanya 5:30p Sunset Yoga with Jose	21 8:30a Barre Fusion with Kim 9:30a Seaside Cycle with Kim 10:45a Seaside Yoga with Jose	22 8:00a Pi-Yo with Kim 9:00a Seaside Cycle with Kim
23 8:00a Sunrise Stretch & Flex with Kim 9:00a Spin-Sculpt Fusion with Kim 10:00a Nature's Gym* with Kim	24 7:30a Seaside Yoga with Nina 5:30a Sunset Yoga with Jose 6:30a Guided Meditation with Jose	25 7:00a Seaside Yoga with Tanya 8:00a Terranea Total Body with Tanya 9:00a Good Morning Stretch with Tanya	26 8:00a Seaside Yoga with Nina 9:00a Good Morning Stretch with Nina	27 6:30a Good Morning Stretch with Tanya 7:30a Seaside Yoga with Tanya 5:30p Sunset Yoga with Jose	28 8:30a Barre Fusion with Kim 9:30a Seaside Cycle with Kim 10:45a Seaside Yoga with Jose 8:00p Full Moon Yoga*\$ at Catalina Point	29 8:00a Pi-Yo with Kim 9:00a Seaside Cycle with Kim
30 8:00a Sunrise Stretch & Flex with Kim 9:00a Spin-Sculpt Fusion with Kim 10:00a Nature's Gym* with Kim	31 8:00a Seaside Yoga with Nina 9:00a Good Morning Stretch with Nina 5:30a Sunset Yoga with Jose 6:30a Guided Meditation with Jose					

Please Note: For Guided Meditation, doors will close 5 minutes after class start times.

*Outdoor Class

\$ Additional fee, space is limited and reservations are required

For overnight resort and spa guests ages 16+ (guests under 18 must be accompanied by a legal guardian). For more information, please call the spa at 310.265.2740.

100 TERRANEA WAY,
RANCHO PALOS
VERDES, CA 90275

TERRANEA.COM/SPA

Fitness Calendar

AQUA CONDITIONING*

Give your joints a rest, and jump into the Spa's saline pool for a non-impact cardio, core, and strength intensive aquatic workout.

BARRE FUSION

An energizing full-body workout to popular music that uses movements derived from ballet, but it is not choreographed or complex. Class will include small, pulsing movements with emphasis on form, alignment and core engagement. Benefits include improved strength, posture, flexibility, balance, stability, endurance, and muscle definition, together with weight loss and reduced stress.

FULL MOON YOGA(\$)

Reset in the new year and pause for reflection after the busy holiday season with our Full Moon Yoga. To reserve your spot, please call The Spa. \$20 per person.

GOOD MORNING STRETCH

Awaken the body and mind with gentle guided stretches and breath work. Explore your range of motion while improving flexibility. All levels of fitness are welcome.

GUIDED MEDITATION

Each 45 minute session will help you find a time to quiet your mind, breathe and relax. Enjoy the benefits of clarity of thought, improvement of concentration, reduction of stress, and a healthy lifestyle.

*Please Note: Doors will close 5 minutes after class start times.

NATURE'S GYM*

Get in shape while enjoying pristine oceanside views. A fun and challenging combination of cardiovascular drills and resistance training primarily using your own body weight to build your endurance and strength around Terranea Resort's 102-acre property.

PILATES

An innovate core focused mat workout which helps keep the body balanced. Pilates focuses on breathing and alignment of the spine, while strengthening the torso.

PI -YO

Pi-Yo combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it. It is designed for people who want the mind-body benefits of a yoga or Pilates workout, but with a higher-energy, higher-sweat class.

SEASIDE CYCLE

This is a cardio workout good for all levels. Cyclers enjoy the incredible views from our oceanfront terrace, while getting a great workout.

SEASIDE YOGA/SUNSET YOGA

A combination of postures, breathing exercises and other techniques to promote flexibility, build strength, reduce stress, and bring the body, mind and spirit into balance.

SOUND BATH

Join us for this beautiful practice of healing bodies through sound. Immerse yourself in deep sound vibrations to create a state of harmony, relaxation, expanded awareness, and an increased sense of wellbeing.

SPIN-SCULPT FUSION

Do you love the burn from pilates and barre, but miss the sweat from spin class? This fitness experience combines the two. 30 minutes of high-intensity cycling intervals PLUS 30 minutes of low impact, full-body, sculpting moves in our studio – all oceanfront!

STRETCH & FLEX

Using active and passive stretching, we will stretch and tone each area of the body to increase strength, flexibility, and posture. Participants will improve range of motion, stature, and balance. Concluding with a relaxation segment focused on breathing and ocean sounds. All with Catalina as your backdrop, this is the best way to start the day!

TERRANEA TOTAL BODY*

Full Body Conditioning and toning class that utilizes various pieces of equipment. Good for all levels. Ideally this is a full body workout that includes strength and cardio. Ends with some abs and light stretching.

TRX(\$)

Triceps, back, core, and inner thighs. Hit these four muscle groups via TRX's suspension system, which rewards through instability in a stable environment. Build lean muscle; gain flexibility, balance, and functional strength; correct muscle imbalances and more in this dynamic, low impact workout. All levels welcome.

YO-CHI

Yo-Chi combines the world's two oldest mindbody disciplines, Yoga and Tai-Chi, to create a unique and effective movement experience. Some of the benefits of Yo-Chi include mindfulness, stability, mobility, relaxation, reduced blood pressure, and energy flow.



THE SPA
AT TERRANEA

For overnight resort and spa guests ages 16+ (guests under 18 must be accompanied by a legal guardian).

Please Note: For Guided Meditation, doors will close 5 minutes after class start times.

*Outdoor Class | \$ Additional fee, space is limited and reservations are required

100 TERRANEA WAY, RANCHO PALOS VERDES, CA 90275
310.265.2740 | [TERRANEA.COM/SPA](https://www.terranea.com/spa)

PERSONAL TRAINING SESSIONS

(A 20% service charge will be added to the session which will be distributed to your instructor and any Spa staff that assists you throughout your day. Includes access to all Spa Facilities.)

PRIVATE TRAINING FOR ONE GUEST

\$125 for 60 Minutes

PRIVATE TRAINING FOR 2 -4 GUESTS

\$350 for 60 Minutes