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Waldorf Astoria Spa at Las Casitas Village
787.863.1000 X 7300
ElConResort.com LasCasitasVillage.com



Wellness Menu August 5-11, 2017



Saturday

9:00am Signature Hatha Yoga
10:00am Fitness Triad
11:00am Aqua Parkour (At North Pool)

Sunday

9:00am Signature Hatha Yoga
10:00am TRX Training

Monday

9:00am Signature Hatha Yoga
10:00am BALListic

Tuesday

9:00am H.I.I.T. Strong
10:00am Iron Core

Wednesday

9:00am Cycle Fusion
10:00am Total Body Stretch

Thursday

No classes scheduled

Friday

8:00am Power Walk
9:00am Signature Hatha Yoga
10:00am Bootcamp Bosu
11:00am Aqua Parkour (At the North Pool)

Waldorf Astoria Spa Classes \$25.00 per person per class.
BOGO 1/2 price ~ \$12.50 for second class (Must be same guest)
\$25 fee includes access to Steam, Jacuzzi, lockers & tea lounge!
Classes are available on private, semi-private and workshop basis.
For more information, call Waldorf Astoria Spa @ 7474.

CLASS DESCRIPTIONS

INSTRUCTOR BIOGRAPHIES

RITA MALDONADO

Rita Maldonado, BA, is a C.H.E.K. Institute Exercise Coach and Holistic Lifestyle Coach Level I specializing in corrective exercise and holistic wellness. She is an IY-TA Yoga teacher with certifications from BOSU and SCW-EDU Pilates. As the Waldorf Astoria Spa Fitness Supervisor, she developed programs like Lower Back Care, Improve Your Golf, Stress Management Techniques, and Postural Remodeling. She is currently responsible for the development of all the Spa Wellness Menu classes, featuring the modern trends in fitness in sessions such as H.I.I.T. Strong, Bootcamp Bosu, and her unique Aqua Parkour.

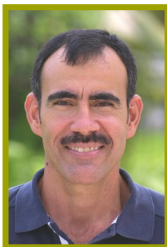
Rita created the Waldorf Astoria Spa's monthly newsletter, *Satya*, which appeared in the El Conquistador Resort website. She has presented workshops and fusion classes in Puerto Rico, Europe and the USA. In 2003 she traveled throughout the USA and Europe as personal trainer for Miss Mariah Carey. Her theme is "The important thing is to be happy".



JUAN PEREZ

Juan served honorably in the US Army for over 20 years. He attained maximum score of 300 on the APFT (Army Physical Fitness Test) several times in his career. He also had the privilege to serve as Senior Drill Sergeant for Basic Training and, as such, trained over 500 men and women in order for them to pass the rigorously demanding APFT.

Juan has been a certified AFPA Personal Trainer for over 4 years who loves to exercise and follow a healthy lifestyle. He recently completed the BOSU Mobility & Stability for Active Aging Certification. Juan is committed to educate his clients and assist them in achieving their goals, as his numerous contributions to the functional exercise segment of *Satya*, the Waldorf Astoria Spa at El Conquistador newsletter attest.



Iron Core- Target your core muscles using your own body weight with state-of-the-art equipment to increase muscle balance and spinal strength, stability and power.

Total Body Stretch -Lengthen and relax your muscles in a thorough stretching session that targets the whole body.

Aqua Parkour– In Parkour you use your body and surrounding objects to navigate obstacles. Develop balance, power, agility and awaken your core in water—a joint-friendly environment.

Fitness Triad- This 45-minute session incorporates cardio, strength and stretching for an express yet intense full-body workout. Enjoy the benefits of working out without missing a day at the pool!

Cycle Fusion- A cycling class set to powerful music that will bring climbing, intervals, and endurance to the test in this full-body workout. Ideal for cyclists missing their fix!

H.I.I.T Strong- Challenge your core, stamina, and agility in this high-intensity interval training circuit of compound movements for powerful results.

Power Walk- Join us for an invigorating 2-mile walk on the hilly grounds of the Resort as we explore our natural environment. Learn about what makes our surroundings spectacular!

Signature Hatha Yoga -Inspired by the philosophy of balancing opposites, this dynamic and willful practice is designed to align your skin, muscles, and bones, and to open the energy channels of the body .

BALListic- Stimulate your body's natural motor reflexes with stability ball training. Develop the body as an integrated unit, creating muscular balance, strength, and endurance.

TRX Training- Leverage gravity and use your body weight on the TRX Suspension Trainer in multiple exercises to meet every fitness goal, as used by the US Navy Seals, NFL and more.

SYNRGY360 Circuit Workout- Challenge your body with a variety of functional exercises using our NEW state-of-the-art *Synrgy360* training station in a high-intensity circuit for a heart-pumping experience that delivers serious results.

Bootcamp BOSU- Expand your movement capability and reshape your body in this challenging, athletic drill-filled session.

RUMBA Fitness- If you like Zumba, you will love RUMBA...a cardio session set to lively, invigorating dance rhythms from the Caribbean and all over the world. (No dance experience necessary!)

Mindful Fusion- Join us on a mat workout that emphasizes quality over quantity to develop core strength, flexibility and awareness to support efficient, graceful movement in your daily activities.

Cardio Drums– Enjoy a fun, stress-busting full-body cardio workout featuring stability balls and drumsticks.

Santosha Yoga- Santosha means contentment. In Yoga it means doing your best and accepting the result of your effort. This *easy* Hatha Yoga class restores and re-energizes your body, mind & spirit.

Step & Sculpt- Basic choreography for higher cardiovascular performance followed by a strength training segment leads to a well-sculpted workout.