

# DAILY RESORT ACTIVITIES

## JULY 2010

### MONDAY

7-8am Chopra Yoga (\$)  
 7:15-8:05am Morning Walk  
 8:30-9am Chopra Meditation  
 9-9:50am Indoor Cycle (\$)  
 9am-12pm Beg. Jr. Tennis Camp (6-11) (\$) (RR)  
 9am-4pm Kidtopia (\$) (RR)  
 9-10:15am Extreme Body Sculpting (\$)  
 9-10am Adult Tennis Drill (\$) (RR)  
 10am-10pm Vibz Game Lounge (\$)  
 10am Arts/Crafts  
 10:20-11:10am Yoga Flow (\$)  
 11:15-12:05pm Kettlebell Swing (\$)  
 12-1pm Chopra Yoga (\$)  
 2-3pm Adult Tennis Drill (\$) (RR)  
 3-4pm VIK Check In  
 4-6pm Jr. Tennis Camp (8-18) (\$) (RR)  
 5:30-6:20pm FitKids Outdoors (\$)  
 5:30-6:20pm Cycle & Core (\$)  
 6-6:30pm Chopra Meditation  
 6:30-7:30pm Chopra Yoga (\$)

### TUESDAY

6:30-7:20am Indoor Cycle (\$)  
 7-8am Chopra Yoga (\$)  
 7:15-8:05am Morning Walk  
 8:30-9am Chopra Meditation  
 9-10am Adult Tennis Drill (\$) (RR)  
 9-10:15am Extreme Body Sculpting (\$)  
 9-10:15am Stroller Strides  
 9am-12pm Beg. Jr. Tennis Camp (6-11) (\$) (RR)  
 9am-4pm Kidtopia (\$) (RR)  
 10am Arts/Crafts  
 10am-10pm Vibz Game Lounge (\$)  
 11-11:50am AquaPilates  
 11:15-12:30pm Behind the BARR Pilates (\$)  
 12:40-1:30pm Cycle & Sculpt (\$)  
 2-3pm Adult Tennis Drill (\$) (RR)  
 3pm Teen Wii Tournament  
 3-4pm Free Play in Vibz (excluding pool)  
 3-4pm VIK Check In  
 4-4:50pm Pilates/Yoga Fusion (\$)  
 4-6pm Jr. Tennis Camp (8-18) (\$) (RR)  
 5:30-6:20pm Zumba (\$)  
 6-6:30pm Chopra Meditation  
 6:30-7:30pm Chopra Yoga (\$)

### WEDNESDAY

7-8am Chopra Yoga (\$)  
 7:15-8:05am Morning Walk  
 8:30-9am Chopra Meditation  
 9-9:50am Indoor Cycle (\$)  
 9-10am Adult Tennis Drill (\$) (RR)  
 9am-12pm Beg. Jr. Tennis Camp (6-11) (\$) (RR)  
 9-10:15am Extreme Body Sculpting (\$)  
 9am-4pm Kidtopia (\$) (RR)  
 10am Arts/Crafts  
 10am-10pm Vibz Game Lounge (\$)  
 10am-12pm Surf Camp (\$) (RR)  
 10:20-11:10am Yoga Flow (\$)  
 11-11:50am Aquatone  
 11:15-12:05pm Kettlebell Swing (\$)  
 12-1pm Chopra Yoga (\$)  
 2-3pm Adult Tennis Drill (\$) (RR)  
 3-4pm VIK Check In  
 4-6pm Jr. Tennis Camp (8-18) (\$) (RR)  
 5:30-6:20pm FitKids Outdoors (\$)  
 5:30-6:20pm Cycle & Core (\$)  
 6-6:30pm Chopra Meditation  
 6:30-7:30pm Chopra Yoga (\$)

### THURSDAY

7-8am Chopra Yoga (\$)  
 7:15-8:05am Morning Walk  
 8:30-9am Chopra Meditation  
 9-10am Adult Tennis Drill (\$) (RR)  
 9-10:15am Extreme Body Sculpting (\$)  
 9-10:15am Stroller Strides  
 9am-12pm Beg. Jr. Tennis Camp (6-11) (\$) (RR)  
 9am-4pm Kidtopia (\$) (RR)  
 10am Arts/Crafts  
 10am-10pm Vibz Game Lounge (\$)  
 10:20-11:10am Cardio Kickboxing (\$)  
 11-11:50am Aquatone  
 11:20-12:35pm Behind the BARR Pilates (\$)  
 12:40-1:30pm Cycle & Sculpt (\$)  
 2-3pm Adult Tennis Drill (\$) (RR)  
 3-4pm VIK Check In  
 4-4:50pm Pilates/Yoga Fusion (\$)  
 4-6pm Jr. Tennis Camp (8-18) (\$) (RR)  
 4-8pm Spa Under the Stars (\$)  
 5pm Slider's Cup  
 5-5:50pm Adult Outdoor Action Fitness (\$)  
 5:30-6:20pm Zumba (\$)  
 6-6:30pm Chopra Meditation  
 6:30-7:30pm Chopra Yoga (\$)

### FRIDAY

7-8am Chopra Yoga (\$)  
 7-8am Morning Walk  
 8:30-9am Chopra Meditation  
 9-10am Adult Tennis Drill (\$) (RR)  
 9-10:15am Extreme Body Sculpting (\$)  
 9am-12pm Beg. Jr. Tennis Camp (6-11) (\$) (RR)  
 9am-4pm Kidtopia (\$) (RR)  
 10am Arts/Crafts  
 10am-10pm Vibz Game Lounge (\$)  
 10:20-11:10am Kettlebell Cardio Crunch (\$)  
 10:20-11:10am Indoor Cycle (\$)  
 11:20-12:10pm Mat Pilates (\$)  
 12-1pm Chopra Yoga (\$)  
 2-3pm Intro to Meditation  
 2-3pm Adult Tennis Drill (\$) (RR)  
 3-6pm VIK Check In  
 4-6pm Jr. Tennis Camp (8-18) (\$) (RR)  
 4-5pm Eagle Golf Clinic (\$)  
 5-5:30pm Birdie Golf Clinic (\$)  
 5-6pm Free Play in Vibz (excluding pool)  
 6-6:30pm Chopra Meditation  
 6-10pm Kidtopia "After Dark" (\$) (RR)  
 6:30-7:30pm Chopra Yoga (\$)  
 7:30pm S'mores (\$)  
 8:30pm Garden Flicks

### SATURDAY

7-9am Beach Walk (RR)  
 7:30-8:30am Chopra Yoga (\$)  
 8-8:50am Outdoor Action Fitness (\$)  
 9-9:50am FitKids Outdoors (\$)  
 9-9:50am Indoor Cycle (\$)  
 9-10am Adult Tennis Drill (\$) (RR)  
 9-10am Chopra Yoga (\$)  
 9-9:50am All Body Conditioning (\$)  
 9-10:15am Stroller Strides  
 9am-4pm Kidtopia (\$) (RR)  
 9:30-10:15am Radical Reptiles  
 10-10:50am Kettlebell Cardio Crunch (\$)  
 10am-12pm Surf Camp (\$) (RR)  
 10am-10pm Vibz Game Lounge (\$)  
 10-11am Nutrition Lecture  
 10:10-11:00am Intermediate Mat Pilates (\$)  
 10:30-11:30am Family Yoga (\$-Kids Free)  
 11-11:50am Aquatone  
 12-12:50pm Gentle Yoga (\$)  
 1-2pm Beg. Jr. Tennis Clinic (\$)  
 1-2pm Int. Jr. Tennis Clinic (\$)  
 2-3pm Adult Tennis Drill (\$) (RR)  
 3pm Stuff/Fluff Animals (\$)  
 4-5pm Chopra Yoga (\$)  
 4-5pm Eagle Golf Clinic (\$) (RR)  
 4-5pm Birdie Golf Clinic (\$) (RR)  
 5-5:30pm Slider's Cup  
 5pm Kidtopia "After Dark" (\$) (RR)  
 6-10pm S'mores (\$)  
 7:30pm Splash Movie Lounge  
 8:30pm

### SUNDAY

7:30-8:30am Chopra Yoga (\$)  
 8-8:50am Morning Walk  
 9-10:15am Extreme Body Sculpting (\$)  
 9-10am Chopra Yoga (\$)  
 9am-4pm Kidtopia (\$) (RR)  
 9-10am Adult Tennis Drill (\$) (RR)  
 10am Arts/Crafts  
 10am-10pm Vibz Game Lounge (\$)  
 2-3pm Adult Tennis Drill (\$) (RR)

#### KEY

Activity Descriptions available  
on back of sheet

\$ - Various charges applicable to this class/service  
RR - Reservation required

#### Department Contact Numbers

Athletic Club - ext. 4514  
 Chopra Center - 760.494.1604  
 Concierge - ext. 23  
 Front Desk - ext. 28  
 Kids Golf Clinics - 760.274.7147 (T.R. Marritt)  
 Kidtopia - ext. 7543 (7KID)  
 Spa - ext. 30  
 Tennis Shop - ext. 31

## Description of Activities

**ADULT TENNIS CLINICS** – Daily clinics are offered at 9am and 2pm. Reservations recommended for these clinics. \$25/person.

**AQUATONE** – Fluid movements that will tone all the major muscle groups and incorporate all levels of training with water resistance. This class meets at the Garden Pool. 50-minute class.

**ALL BODY CONDITIONING (ABC)** – Build endurance by using jump ropes, fitness hoops, arm hoops and your own body weight to help condition yourself.

**ARTS/CRAFTS** – Offered daily, excluding Saturday. Kids will enjoy making various arts and crafts on the Vibz patio. (Door hangers, tissue paper art, etc.)

**BEACH WALK** – Enjoy a gorgeous walk on the beach along the Pacific Ocean. During certain times of the year you may be able to see whales migrating or dolphins playing. 90 minutes from departure. Transportation is included and space is limited. To reserve a spot, please call Athletic Club at 760.438.9111 ext. 4514.

**BEHIND THE BAR PILATES** – Using the bar, balls and the floor, you will be getting a full body workout that will help with core strength and overall flexibility. A 75 minute class.

**CARDIO-KICK BOXING CLASS** – Come and enjoy this action packed class focusing on upper and lower extremities for endurance, strength, flexibility, and agility.

**CYCLE & CORE** – This class involves a 35 minute indoor cycle class followed by 15 minutes of core and strength.

**CYCLE & SCULPT** – This class involves a spin bike workout along with body sculpting all in one enjoyable class. It's another class that covers all muscle groups and cardio conditioning.

**EXTREME BODY SCULPTING** – An energizing class with a big cardio workout along with a strengthening and conditioning workout for every major muscle group. 75-minute class.

**FITKIDS OUTDOORS** – An extraordinary way to get the kids (ages 5-10) involved in a great exercise routine at an early age. They will learn the fundamentals of fitness, cardio, calisthenics, and plyometrics in a fun and enjoyable class. 50-minute class.

**GARDEN FLICKS** – Enjoy 80's and 90's movies at the Garden Pool, Fridays at 8:30pm. Please call the concierge for movie title.

**GENTLE YOGA** – Based on ancient forms of movement for balance, flexibility, strength, and relaxation.

**INDOOR CYCLING** – A motivating cycle class designed to help you reach your personal fitness goals. Let the music and energy take your mind and body to new levels. Every fitness level enjoys a challenging workout.

**JUNIOR TENNIS PROGRAMS** – Junior Tennis Camps available Monday-Friday from 9am-12pm for ages 6-11 and from 4-6pm for ages 8-18. Reservations are required and the prices vary. Please call the Tennis Shop at ext. 31.

**KETTLEBELL CARDIO CRUNCH** – Achieve astonishingly rapid yet consistent gains in muscle strength, explosive power, energy and functional performance with one simple tool. Space is limited to 8 people. To reserve a spot, please contact the Athletic Club at 760.438.9111 ext. 4514.

**LIVE RADICAL REPTILE SHOW** – Back by popular demand, this fascinating, educational and interactive "show & tell" presentation of live reptiles will wow children and parents alike. Location: BlueFire Grill Plaza.

**MAT PILATES** – Enhance flexibility, posture, body alignment, and overall strength using Pilates techniques. Emphasis on abdominals and lower back.

**MAT PILATES/YOGA FUSION** – This is a class that combines yoga and mat Pilates together working on your strength and flexibility.

**NUTRITION LECTURE** – Our registered dietitian offers nutrition talks on Saturdays which include a variety of nutrition topics and time for questions.

**OUTDOOR ACTION** – Enjoy a unique outdoor workout that utilizes natural surroundings to achieve and improve strength, stamina, balance, agility, flexibility and a sense of well being. 50-minute class. Ages 16+ welcome.

**SLIDER'S CUP AT SPLASH WATERSLIDES** – All ages welcome. We have 4 different age groups (up to 10, 11-14, 15-19 and 20+) that participate in this fun slide competition. The Recreation staff will time you coming down the open slide and the fastest time in each age group wins a prize. You must be at least 48" to ride the slides and you will need to register at the pool on the day of the competition prior to the start. Please call Kidtopia, ext. 7543 with any questions.

**S'MORES NIGHTTIME ROAST** – Stop by to roast your own marshmallows and make your own S'mores – a sweet ending to the evening! Offered Fridays at the Garden Pool and Saturdays in the Plaza.

**SPA UNDER THE STARS** – Every Thursday evening from 3-8pm enjoy spa treatment specials and spa happy hour – linger in our citrus scented outdoor spa courtyard while listening to the sounds of guitar. Spa Café spa-bellini menu available.

**SPLASH MOVIE LOUNGE** – Families will enjoy a kid-friendly movie at Splash Landing at 8:30pm on Saturdays. Please call the concierge for movie title.

**STROLLER STRIDES** – Moms and Dads are welcome to exercise with their kids in strollers. Enjoy a fun and motivating workout all around the property. Meet at the Spa Fountain to participate.

**STUFF 'N FLUFF ANIMAL WORKSHOP** – Choose an "unstuffed" collectible cuddly friend, hand stuff it yourself, "wish upon" and insert a rainbow star, then zip it closed. You'll then name it, create a customized birth certificate and personalize your new friend by dressing it and painting a t-shirt. Supplies limited. RSVP ext. 7543.

**SURF CAMP AT GRANDVIEW** – (ages 6-and up) 24-Hour advance reservations are required. Please call the Athletic Club at ext. 4514. Included is a group surf lesson, use of wet suit and surf board, transportation to and from the resort and a boxed snack. The price is \$120/surfer.

**ZUMBA FITNESS** – Zumba combines high-energy with motivational music and unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flair to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required!

### Hours of Operation

**Athletic Club:** Monday-Thurs: 5am-9pm; Fri: 5am-8pm; Saturday-Sunday: 6am-8pm

**Kidtopia:** Daily: 9am-4pm; Friday-Saturday: 6pm-10pm (ages 3 and up)

**Vibz Game Lounge:** Daily: 10am-10pm (unsupervised area)

**Splash Waterslides:** Monday-Thursday: 10am-6pm; Friday: 10am-8pm; Saturday-Sunday: 9am-8pm

**Spa at La Costa:** Monday-Wednesday: 9:30am-6:30pm; Thursday & Friday: 8:30am-8:30pm; Saturday & Sunday: 7:30am-8:30pm

**Tennis Pro Shop:** Daily: 8am-5pm

**Golf Pro Shop:** Daily: 6:30am-6pm