

# DAILY RESORT ACTIVITIES · JULY 2009



## ATHLETIC CLUB HOURS:

MON-THURS: 5AM-9PM, FRI: 5AM-8PM, SAT/SUN: 6AM-8PM

Please note: Twenty-four hour advance reservations are required for noted activities.

La Costa Club Members enjoy complimentary fitness classes

## SPLASH LANDING HOURS:

MONDAY-THURSDAY: 10AM-6PM · FRIDAY-SUNDAY: 10AM-8PM

CALL KIDTOPIA AT X7603 (WEATHER PERMITTING)

\* For safety reasons, the height requirement for the two large waterslides is 48"; the height requirement for the smaller waterslide is 36". Children under 14 must be accompanied by a parent or guardian at the pools at all times.

TENNIS PRO SHOP HOURS: MON-SUN: 8:00AM-5:00PM

TENNIS LESSONS AVAILABLE: MON-SUN: 8:00AM-6:00PM

GOLF PRO SHOP HOURS: MON-SUN: 6:30AM-6PM EXT. 7595

TWILIGHT GOLF RATES AVAILABLE AFTER 2PM.

## MONDAY

7-8am	Chopra Yoga	\$15	Athletic Club
8-8:50am	Morning Walk	complimentary	Main Lobby Fountain
8:30-9am	Chopra Meditation	complimentary	Chopra Center
9am-4pm	Kidtopia	fees vary	Call ext. 7603 for reservations
9-10:15am	Extreme Body Sculpting	\$15	Athletic Club
9-10am	Volley drills	\$25	Tennis Shop ext. 31
9am-12pm	Kid's Golf Camp (ages 6-13)	\$25hr/Mem/\$30hr/Guests	call T.R. at 760-274-7147
9am-12pm	Junior Tennis Camp (ages 6-12 years old)	\$36Mem/\$45Guests	Tennis Shop x31
10am-10pm	Vibz Teenspace	pay per play	Lobby Mezzanine
10:30-11:20am	Indoor Cycle	\$10	Athletic Club
10:30-11:20am	Aquatone	complimentary	Garden Pool
11am	Arts/Crafts	complimentary	Vibz Patio
11:15-12:05pm	Pump Up Circuit	\$10	Athletic Club
12-1pm	Chopra Yoga	\$15	Chopra Center
12:10-1pm	Kettlebell Swing	\$10	Athletic Club
2-3pm	Overhead practice	\$25	Tennis Shop ext. 31
3-5pm	Junior Tennis Camp (ages 8-18)	\$30Mem/\$37.50Guests	Tennis Shop ext. 31
4-5pm	Kid's VIK	Complimentary	Check-in Lobby
5:30-6:20pm	FitKids Outdoors (Ages 5+)	\$10	Athletic Club
5:30-6:30pm	Cycle & BOSU	\$10	Athletic Club
6:30-7:30pm	Chopra Yoga	\$15	Chopra Center

## TUESDAY

7-8am	Chopra Yoga	\$15	Chopra Center
8-8:50am	Morning Walk	complimentary	Main Lobby Fountain
8:30-9am	Chopra Meditation	complimentary	Chopra Center

9-10am	All Court Game	\$25	Tennis Shop ext. 31
9-10:15am	Extreme Body Sculpting	\$15	Athletic Club
9am-12pm	Kid's Golf Camp (ages 6-13)	\$25hr/Mem/\$30hr/Guests	call T.R. at 760-274-7147
9am-12pm	Junior Tennis Camp (ages 6-12 years old)	\$36Mem/\$45Guests	Tennis Shop ext. 31
9am-4pm	Kidtopia	fees vary	Call ext. 7603 for reservations
10am-10pm	Vibz Teenspace	pay per play	Lobby Mezzanine
10:20-11:10am	Mat Pilates	\$10	Athletic Club
11am	Arts/Crafts	complimentary	Vibz Patio
11:25-12:25pm	Kettlebell Circuit	\$10	Athletic Club
12:30-1:20pm	Cycle & Sculpt	\$10	Athletic Club
2-3pm	Defensive Shots	\$25	Tennis Shop ext. 31
3-4pm	Vibz Freeplay (Starts 6/16)	complimentary	Vibz
3-5pm	Junior Tennis Camp (ages 8-18)	\$30Mem/\$37.50Guests	Tennis Shop ext. 31
4-4:50pm	Pilates/Yoga Fusion	\$10	Athletic Club
4-5pm	Kid's VIK	complimentary	Check-in Lobby
6-6:30pm	Chopra Meditation	complimentary	Chopra Center
6:30-7:30pm	Chopra Yoga	\$15	Chopra Center

## WEDNESDAY

7-8am	Chopra Yoga	\$15	Chopra Center
8-8:50am	Morning Walk	complimentary	Main Lobby Fountain
8:30-9am	Chopra Meditation	complimentary	Chopra Center
9-10am	Approach Shot-Volley	\$25	Tennis Shop ext. 31
9-10:15am	Extreme Body Sculpting	\$15	Athletic Club
9am-12pm	Kid's Golf Camp (ages 6-13)	\$25hr/Mem/\$30hr/Guests	call T.R. at 760-274-7147
9am-12pm	Junior Tennis Camp (ages 6-12 years old)	\$36Mem/\$45Guests	Tennis Shop ext. 31
9am-4pm	Kidtopia	fees vary	Call ext. 7603 for reservations
10am-12pm	Surf Camp	\$120	Athletic Club x4514
10am-10pm	Vibz Teenspace	pay per play	Lobby Mezzanine
10:15-11:15am	Nutrition Lecture	complimentary	Athletic Club Patio
10:20-11:10am	Gentle Yoga	\$10	Athletic Club
10:20-11:10am	Indoor Cycle	\$10	Athletic Club
11am	Arts/Crafts	complimentary	Vibz Patio
11:15-12:05pm	Pump Up Circuit	\$10	Athletic Club
11:15-12:05pm	Aqua Tone	complimentary	Garden Pool
12-1pm	Chopra Yoga	\$15	Chopra Center
12:10-1pm	Kettlebell Swing	\$10	Athletic Club
2-3pm	Lobs	\$25	Tennis Shop ext. 31
3-5pm	Junior Tennis Camp (ages 8-18)	\$30Mem/\$37.50Guests	Tennis Shop ext. 31
4-5pm	Kid's VIK	complimentary	Check-in Lobby
5:30-6:20pm	FitKids Outdoors (Ages 5+)	\$10	Athletic Club
5:30-6:30pm	Cycle & BOSU	\$10	Athletic Club
6-6:30pm	Chopra Meditation	complimentary	Chopra Center
6:30-7:30pm	Chopra Yoga	\$15	Chopra Center

## Personal Training at The Athletic Club

We are proud to have a variety of trained and professional personal trainers that will work with you to reach your fitness and wellness goals. Training available daily, cost is \$80 for a private session. Please call the Athletic Club, x4514 to make your appointment and with questions.

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## THURSDAY

7-8am	<b>Chopra Yoga</b>	\$15	Chopra Center
8-8:50am	<b>Morning Walk</b>	complimentary	Main Lobby Fountain
8:30-9am	<b>Chopra Meditation</b>	complimentary	Chopra Center
9-10am	<b>Forehand</b>	\$25	Tennis Shop ext. 31
9-10:15am	<b>Extreme Body Sculpting</b>	\$15	Athletic Club
9am-12pm	<b>Kid's Golf Camp</b> (ages 6-13)	\$25hr/Mem/\$30hr/Guests	call T.R. at 760-274-7147
9am-12pm	<b>Junior Tennis Camp</b> (ages 6-12 years old)	\$36Mem/\$45Guests	Tennis Shop x31
9am-4pm	<b>Kidtopia</b>	fees vary	Call ext. 7603 for reservations
9:30-10:45pm	<b>Nordic Pole Walking Club</b>	\$10	Ponto Beach call ext 4514
10am-10pm	<b>Vibz Teenspace</b>	pay per play	Lobby Mezzanine
10:20-11:10am	<b>Mat Pilates</b>	\$10	Athletic Club
11am	<b>Arts/Crafts</b>	complimentary	Vibz Patio
11:25-12:25pm	<b>Kettlebell Circuit</b>	\$10	Athletic Club
12:30-1:20pm	<b>Cycle &amp; Sculpt</b>	\$10	Athletic Club
2-3pm	<b>Backhand</b>	\$25	Tennis Shop ext. 31
3pm	<b>Teen Wii Tournament</b>	complimentary	Vibz
3-5pm	<b>Junior Tennis Camp</b> (ages 8-18)	\$30Mem/\$37.50Guests	Tennis Shop x31
4-4:50pm	<b>Pilates/Yoga Fusion</b>	\$10	Athletic Club
4-5pm	<b>Kid's VIK</b>	complimentary	Check-in Lobby
5:30-6:20pm	<b>Adult Outdoor Action Fitness</b>	\$10	Athletic Club
6-6:30pm	<b>Chopra Meditation</b>	complimentary	Chopra Center
6:30-7:30pm	<b>Chopra Yoga</b>	\$15	Chopra Center

## FRIDAY

7-8am	<b>Chopra Yoga</b>	\$15	Chopra Center
8-8:50am	<b>Morning Walk</b>	complimentary	Main Lobby Fountain
8:30-9am	<b>Chopra Meditation</b>	complimentary	Chopra Center
9-10am	<b>Serve and Volley</b>	\$25	Tennis Shop ext. 31
9-10:15am	<b>Extreme Body Sculpting</b>	\$15	Athletic Club
9am-12pm	<b>Kid's Golf Camp</b> (ages 6-13)	\$25hr/Mem/\$30hr/Guests	call T.R. at 760-274-7147
9am-12pm	<b>Junior Tennis Camp</b> (ages 6-12 years old)	\$36Mem/\$45Guests	Tennis Shop x31
9am-4pm	<b>Kidtopia</b>	fees vary	Call ext. 7603 for reservations
10am-10pm	<b>Vibz Teenspace</b>	pay per play	Lobby Mezzanine
10:20-11:10am	<b>Indoor Cycle</b>	\$10	Athletic Club
10:30-11:20am	<b>Aquatone</b>	complimentary	Garden Pool
11am	<b>Arts/Crafts</b>	complimentary	Vibz Patio
11:15-12:05pm	<b>Gentle Yoga</b>	\$10	Athletic Club
12-1pm	<b>Chopra Yoga</b>	\$15	Chopra Center
12:10-1pm	<b>Kettlebell Fit &amp; Firm</b>	\$25	Tennis Shop ext. 31
2-3pm	<b>Intro to Meditation</b>	complimentary	Chopra Center
2-3pm	<b>Chip Return &amp; Volley</b>	\$25	Tennis Shop ext 31
4-5pm	<b>Kid's Golf Clinic</b>	\$40/child	Call T.R. at 760-274-7147
4-6pm	<b>Kid's VIK</b>	complimentary	Check-in Lobby
5-6pm	<b>Teen Free Play</b>	complimentary	Vibz
5-5:30pm	<b>Tots Golf Clinic</b>	\$20/child	Call T.R. at 760-274-7147
6-6:30pm	<b>Chopra Meditation</b>	complimentary	Chopra Center
6-10pm	<b>Kidtopia "After Dark"</b>	\$55	Call ext. 7603 for reservations

7:30pm

8:30pm

**S'mores**

**80's Movie Night**

complimentary

complimentary

Garden Pool

Garden Pool

## SATURDAY

7-9am	<b>Beach Walk</b>	complimentary	Call ext. 4418 for reservations
7:30-8:30am	<b>Chopra Yoga</b>	\$15	Chopra Center
8-8:50am	<b>Adult Outdoor Action Fitness</b>	\$10	Athletic Club
9-9:50am	<b>FitKids Outdoors</b> (ages 5+)	\$10	Athletic Club
9-9:50am	<b>Indoor Cycle</b>	\$10	Athletic Club
9-10am	<b>Emergency Shots</b>	\$25	Tennis Shop ext. 31
9-10am	<b>Chopra Yoga</b>	\$15	Chopra Center
9-10:15am	<b>Body Sculpting &amp; Stretch</b>	\$15	Athletic Club
9am-4pm	<b>Kidtopia</b>	fees vary	Call ext. 7603 for reservations
9:30-10:15am	<b>Radical Reptile Show</b> (excluding 7/4)	complimentary	Blue Fire Plaza
10am-12pm	<b>Surf Camp</b> (ages 6 and up) (excluding 7/4)	\$120/person	Athletic Club x4514
10am-10pm	<b>Vibz Teenspace</b>	pay per play	Lobby Mezzanine
10:20-11:10am	<b>Mat Pilates</b>	\$10	Athletic Club
10:20-11:15am	<b>Nutrition Lecture</b>	complimentary	Athletic Club
10:30-11:15am	<b>Family Yoga</b> (call 760-494-1648 for details)	\$15/adult, kids free	Chopra Center
11am	<b>Arts/Crafts</b>	complimentary	Vibz Patio
12-12:50pm	<b>Gentle Yoga</b>	\$10	Athletic Club
1-1:45pm	<b>Mommy or Daddy &amp; Me</b> (ages 4-7)	\$20Mem/\$25Guests	Tennis Shop x31
1-2pm	<b>Jr. Tennis Clinic</b> (ages 7-10 years old)	\$15Mem/\$22Guests	Tennis Shop x31
2-3pm	<b>Attack Shots</b>	\$25	Tennis Shop ext. 31
3pm	<b>Arts/Crafts</b>	Prices Vary	Vibz Patio
4-5pm	<b>Kid's Golf Hour</b>	\$40/child	Call T.R. at 760-274-7147
4-5pm	<b>Chopra Yoga</b>	\$15	Chopra Center
5-5:30pm	<b>Tots Golf Clinic</b>	\$20/child	Call T.R. at 760-274-7147
6-10pm	<b>Kidtopia "After Dark"</b> (excluding 7/4)	\$55	Call ext. 7603 for reservations
7:30pm	<b>S'mores</b> (excluding 7/4)	complimentary	Marketplace Patio
8:30pm	<b>Family Dive In Movie</b> (excluding 7/4)	complimentary	Splash Landing

## SUNDAY

7:30-8:30am	<b>Chopra Yoga</b>	\$15	Chopra Center
9-10:15am	<b>Extreme Body Sculpting</b>	\$15	Athletic Club
9-10am	<b>Chopra Yoga</b>	\$15	Chopra Center
9am-4pm	<b>Kidtopia</b>	fees vary	Call ext. 7603 for reservations
9-10am	<b>Doubles Tactics</b>	\$25	Tennis Shop ext. 31
10am-10pm	<b>Vibz Teenspace</b>	pay per play	Lobby Mezzanine
10:30-11:20am	<b>Aquatone</b>	complimentary	Garden Pool
11am	<b>Arts/Crafts</b>	complimentary	Vibz Patio
2-3pm	<b>Serves</b>	\$25	Tennis Shop ext. 31

### Spa Under the Stars

Select 50-minute Spa treatments booked between 4-8pm will be discounted on Thursdays. There will be special speakers featured for this program. Call spa reservations x30 for details and to book your reservations.