

# FITNESS CLASS DESCRIPTIONS



## TOTAL BODY BLAST

Test your limits and mix it up. Get your heart pumping by challenging yourself with different cardiovascular and strength training exercises. Classes vary using your own body weight, medicine balls, hand weights, bands and more. A total body workout with maximum results.

## YOGA SCULPT FUSION

A mixture of both Pilates exercises and Yoga postures, this class incorporates hand weights into your traditional yoga flow class and helps boost the metabolism. Strengthen, lengthen, and activate the smaller and deep muscular layers while connecting the body to the mind. Suitable for all fitness levels and abilities.

## CORE FUSION

Strengthen your core and back while improving your posture through performing a variety of exercises. Nourish your spine and increase flexibility. Light equipment may be integrated.

## BODY CONNECT

A high intensity class that incorporates both low and high impact movements. All the movements are synchronized with the rhythm of the music where strength and resistance are combined with cardiovascular exercise. It is fun, dynamic, and most of all, it guarantees results! Suitable for all fitness levels with modifications offered. Get ready to sweat and have fun!



## GUIDED HIKING

Explore the vast and colorful trails of Querencia while connecting to nature. With the guidance of a trail expert, discover the blooming flora, wildlife, and beauty of the Baja! All hiking levels and abilities are welcome.



## SPIRHIIT

Integrating mind and body, this class connects and strengthens the body and soul through mindful and high energy movements, synchronized to the beat of the music. With an open mind and heart, break through self-limiting beliefs and allow yourself to experience wholehearted freedom. This class is for everyone! Come as you are.

## HATHA YOGA

Classes are designed to encourage students to strengthen their bodies and stretch their minds. Each class is unique and includes breath and meditative awareness throughout. A Hatha yoga practice focuses on purifying the body, calming the mind and opening the heart.

## VINYASA FLOW YOGA

This class is designed for the more intermediate and advanced yoga practitioner. The meaning of Vinyasa is "breath-synchronized movement". Through guided verbal and non-verbal cueing and instruction, you will flow from one posture to the next, allowing the yogic breath (ujjayi pranayama) to navigate you. This class will build heat (agni) in the body while challenging your strength and endurance.

## MINDFUL MOVEMENT & MEDITATION

Moving with intention and taking gentle awareness of the mind, the physical body, and the emotions. Emotion translates to "energy in motion" and the word "move" comes from ancient Latin meaning to "push away". We use movement to "push" emotions out of the nervous system so that we can more easily still the mind. This is a unique class suitable for all ages, body types, and fitness levels.

**QUERENCIA**  
PRIVATE GOLF & BEACH CLUB

Fitness@QCabo.com | 145.6647  
QCabo.com | @QCabo   

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## TENNIS SKILLS AND DRILLS

### LEVEL II (INT/ADV)

Each week will focus on a different stroke and skill (forehand, volley, serve, etc.) with a few drills and fun games to enhance your whole game!

## TENNIS SKILLS AND DRILLS

### LEVEL I (BEGINNERS)

Each week will focus on a different stroke and skill (forehand, volley, serve, etc.) with a few drills and fun games to enhance your whole game!



## INTRO TO PICKLEBALL

What is Pickleball? A paddle sport created for all ages and skill levels. Combining many elements of tennis, badminton, and ping pong. Come see for yourself what all the hype is about! By the way, did you know we just built 4 brand new courts?

This class is a beginners pickleball class. The focus will be on developing basic skills and implementing them into game situations. Skills such as ball control, forehand/backhand drive, drive/lob serve, forehand/backhand lob, smash, and strategy will be covered. This class will prepare you to become a skillful racquet sports player, which will help lead you to a more active and healthier lifestyle.

## PICKLEBALL SKILLS AND DRILLS

This class is for more experienced players. The focus will be on developing basic skills and implementing them into game situations. Skills such as ball control, forehand /backhand drive, drive/lob serve, forehand/backhand lob, smash, and strategy will be covered. This class will prepare you to become a skillful racquet sports player, which will help lead you to a more active and healthy lifestyle.



## PARTNER PICKLEBALL PLAY

Grab a partner and hit the courts! The game will be round robin style, but you will play with the same partner to the very end. No partner? No problem! Contact the Fitness Center to be paired with another player.

## ROUND ROBIN PICKLEBALL PLAY

A "Round Robin" is a structured form of play organized by skill levels. During the Round Robin session, you will play several games, each with a different partner and against a different pair of opponents. It is designed so that all players are playing against people of roughly equal ability, which makes play the most fun and reasonably competitive for most players.



## SWIM STRONGER

Take your workout to the water. A great cardiovascular class that will help refine your strokes, improve your endurance, and so much more!

## SUP (STAND UP PADDLE)

Breathe in the fresh ocean air. Classes are designed to help improve paddling technique, efficiency, and speed, as well as turning skills, agility, and balance.

## SNORKEL TOUR FOR BEGINNERS

It is the perfect opportunity to explore and connect with the water and marine life of the Baja! With the guidance of a professional waterman, you will safely learn the basic techniques and principles of snorkeling. Increase your knowledge, confidence, and enjoy discovering the underwater world.

## KAYAK TOUR FOR BEGINNERS

Learn the basic maneuvers and technique of ocean kayaking with the guidance of a professional waterman and explore the pristine waters around Acapulquito Beach.