

Fitness Schedule



Lantana·Spa

Fitness Class Schedule for Fall 2018 Effective October 15th

Monday

8:30am to 9:15am Booty Barre
9:30am to 10:15am Roll with It

6:00pm to 6:45pm Piloxing

Tuesday

8:30am to 9:15am Cardio Pilates

Wednesday

9:00am to 9:45am Bands, Bars & Balls
10:00am to 10:45am Yoga On The Wall

6:00pm to 6:45pm Gentle Yoga

Thursday

8:30am to 9:15am Piloxing

Friday

8:30am to 9:15am Piloxing Barre
9:30am to 10:15am Gentle Yoga by the Pool
10:30am to 11:00am Aqua Tone

Saturday

9:30am to 10:15am Zumba

MEET OUR INSTRUCTORS!

Marylynn has worked in the fitness industry for 22 years as a group exercise instructor and personal trainer. Her experience and passion for fitness helps her students obtain their fitness goals in a safe, fun and friendly environment.

Lili is an experienced Zumba dancer and Piloxing instructor. Her upbeat and fun courses are great for anyone who is wanting to get their hearts pumping.

Lauren has a passion for yoga that stems from the belief that each individual should have the freedom to approach wellness in a personal and meaningful way. With over 10 years experience practicing yoga, Lauren loves to share her passion with each student she meets.

Ages 16-17 may not use the spa sauna, steam room, etc.
and must be accompanied by an adult to use the Spa
Fitness Center or the parent must sign a minors
authorization release form (DOC).

*Class size is limited - Please arrive at least 10 minutes prior
to start time of the class



JW MARRIOTT
SAN ANTONIO HILL COUNTRY 

Updated 10/14/18



FITNESS CLASS DESCRIPTIONS

Aqua Tone – 45 Minutes

Along with using the beautiful spa pool, this class will start and end in our spacious outdoor Jacuzzi. Following our warm-up we'll head into the spa pool to loosen and relax tight muscles with slow exercises using dumbbells and noodles. *Inclement weather permitting.*

Bands, Bars and Ball - 45 Minutes

This class is a total body toning class that targets every muscle group using resistance bands, weighted bars and balls.

Booty Barre – 45 Minutes

Looking for a fun, energetic workout that fuses fitness moves from dance, Pilates and yoga. This barre class will tone, define and chisel the whole body. This method is a perfect combination of strength and flexibility with added cardio to burn fat faster.

Cardio Pilates - 45 Minutes

The Pilates class consist of a full body routine to strengthen and lengthen each muscle group, improve core strength and increase flexibility and mental awareness.

Piloxing - 45 Minutes

This is a non-stop, cardio fusion of standing Pilates, boxing and dance that will push you past your limits for a great workout burn.

Piloxing Barre- 45 Minutes

This class utilizes the same fundamentals and discipline (Pilates and boxing) using a ballet barre for stability and resistance. This program will lengthen and strengthen you, leaving you with strong muscles and a healthy heart.

Roll with It - 45 minutes

Don't have time for a sports massage? This 45 minute class will leave you with the same benefit as a massage. The foam roller helps to increase blood flow and circulation. It also stretches muscles and tendons helping to breakdown scar tissue and myofascial release.

THE MIX by Piloxing - 45 minutes

You'll feel the burn with this intense dance mix class. Today's Music Hits, Iconic Throwbacks, Hip-Hop, and Pop styles will be danced to during this class; you won't even feel like you're working out!

Yoga on the Wall – 45 Minutes

This amazing class takes balance issues out of the equation and helps you to focus on alignment. This class will leave you invigorated as well as flexible than ever.

Zumba – 45 Minutes

Zumba is based on the principle of interval training - alternating high intensity and lower intensity exercise which works for both beginners and advanced exercisers. Zumba blends traditional dance steps with basic fitness moves so everyone can participate.

*Classes are subject to change without notice.
We apologize for any inconvenience this may cause.

APPOINTMENT BASED FITNESS TRAINING:

All Classes are available in private or semi-private sessions.

We offer ½ hour and 1 hour personal training sessions.

Please call Lantana Spa for detailed descriptions and pricing.

Allow for at least 24 hours notice.

210-276-2300

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