

EL ENCANTO

A BELMONT HOTEL
SANTA BARBARA

YOUR WELLNESS ESCAPE

The Spa at El Encanto provides the perfect setting for re-energizing mind and body. Revitalize your sense of wellbeing with a myriad of complimentary fitness classes, advanced equipment, picturesque jogging trails, wellness services, and stellar personal training.



THEFITNESSSTUDIO

CLASS SCHEDULE Open to All Levels

| TIME | FRI | SAT | SUN |
|---------|-------------------|----------------------|----------------------|
| 8:00 AM | Strength Training | Strength Training | Strength Training |
| 9:00 AM | | Restorative Yoga Zen | Restorative Yoga Zen |

YOGA FOR STRENGTH & RESILIENCE

Strengthen and challenge your body by adding optional light weights to your yoga postures then restore your system with a mindful stretch.

STRENGTH TRAINING

Low impact strength training designed to burn fat, build muscle and tone the body. Dynamic Training and custom designed classes.

MAT PILATES

An all-levels class focusing on alignment of mind, body and breath for optimal posture and movement through daily life.

YOGA ZEN

Be here and now in this restorative therapeutic session where we align mind, body and spirit with a blend of asanas and breath work.

MEET OUR SPECIALISTS



New York native relocated to California in 2013 Rachel was on a mission to inspire others to live their best life! Nationally Qualified Figure Competitor, Personal Trainer and

Yogi, Rachel believes in the power of bringing people together and improving their quality of life. Combining all different styles of movement, her specialty helps people optimize strength, performance and feel their best self!



Alexis is a Santa Barbara native who loves to share her knowledge of the body with others. She utilizes conscientious and creative teaching techniques, which encourage greater awareness of body and mind with focus on

precision, strength and overall wellness for those of any fitness level. Alexis has been practicing yoga for over twenty years and is comprehensively trained as a BASI® Pilates and licensed Buff Bones® instructor with specializations in Breast Cancer Restoration and Scoliosis Management.

**On-call fitness experts may substitute classes when needed.*

WELLNESS SERVICES

At your leisure, contact the Spa at extension 3545 for inquiries or to book services.

SPECIALTY FITNESS TRAINING

Meet with one of our nationally accredited and recognized fitness experts for a private session focusing on one of the following:

- Personal Training
- Yoga, Pilates or Foundations Training

PRIVATE GROUP FITNESS SESSIONS

Designed for groups from 2-150, these personalized fitness sessions can include any of the following:

- Yoga
- Boot Camp
- Any of our Signature Classes can be offered in a private session

GUIDED HIKES

Let us do the driving and guide you on a stunning hike to Inspiration Point or one of the many other beautiful Santa Barbara destinations. Paired with a box lunch from our gourmet kitchen, this is a must-do.

HISTORIC ENERGY WALK

Wake up and smell the roses on this guided walk aimed to boost your energy and your heart rate. Destinations could include historic Santa Barbara locations such as the Rose Garden, The Mission Santa Barbara, or Stearns Wharf.

ONE-ON-ONE WELLNESS CONSULTATIONS

Our expert coaches work with you to create a custom wellness solution incorporating exercise programming, lifestyle modifications, mindset training, and nutrition.

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RESORT ACTIVITIES

For further information and to sign up, please visit the Spa Receptionist Desk.

Belmont El Encanto provides a host of resort activities to make your stay most comfortable and engaging.



AMENITIES

As our guest, enjoy wireless Internet access, a Santa Barbara local wine welcome amenity, in-room coffee, bottled water at turndown, access to PressReader for an unlimited stream of thousands of top newspapers and magazines, The Fitness Studio, and The Spa at El Encanto.

CYCLE WITH EASE

Start the morning off with a leisurely bicycle ride over to the Santa Barbara Mission, or head downhill to explore State Street and the waterfront. The trip back up to our Riviera neighborhood is made effortless with a simple pulse of the electric motor. Stop by the reception desk to sign out one of our great electric cruisers.

El Encanto's fitness instructors and adventure guides can lead you through a wide variety of private fitness sessions and off-site adventures. From beach volleyball to stand-up paddle boarding, and from hiking to kayaking, our fitness experts are here to meet all your health, wellness and adventure desires.

- Personal Fitness Training • Boot Camp • TRX • Core Training • H.I.I.T. • Pilates
- Martial Arts & Self Defense • Meditation • Yoga • Beach Yoga • Stretch/Foam Rolling
- Stand-Up Paddle Boarding • Kayaking • Surfing • Hiking • Biking • Running

To book your out-and-about activity, please visit: goexpond.com/book/elencanto

For more information, inquire with the Spa Reception Desk

