



ATHLETIC CLUB GROUP OFFERINGS AT OMNI LA COSTA

CHOOSE YOUR OFFERING

- ❖ **Private Group Classes:** Select any of the following classes currently listed on our Activity Guide.
- ❖ **Vinyasa and Vino:** Enjoy a 50 minute vinyasa yoga class with a choice of wines to drink post-class. There is also the option of adding in a few healthy light bites.
- ❖ **Fit Breaks:** 15-30 min in meeting space. Includes stretching and postural correction exercises done in chair and while standing. A longer session could include different modalities and exercises to go along; like rubber bands, exercise bands and golf or tennis balls. May include a take-home flyer of the exercises.
- ❖ **Fitness Scavenger Hunt:** Trainers will be at each destination and participants will have to complete the given exercises before moving on to their next clue. First group done wins.
- ❖ **Outdoor Bootcamp:** For groups of 20 or more, an hour long bootcamp style class on center court. Okay for all fitness levels because exercises.
- ❖ **Groove Ice Breaker:** Can be done in the meeting space. 15 minutes of fun dance moves that are half choreographed so you can do it "your way".
- ❖ **Groove Dance Party:** Ideal for groups over 20 people. Best done after dinner/happy hour. Let your group get loose and bond over an interactive dance party with songs from every decade.
- ❖ **Health and Wellness Seminar:** 30 min-50 min interactive seminar with one of our trainers/certified health or nutrition coaches. The importance of eating well – exercising well – being well. Can involve F&B, make a specialized menu of healthier options for groups while they are on property. Give mini tastings during seminar to all attendees.
- ❖ **5K around the Golf Course:** Must be scheduled at 6 or 6:30am since first tee time is 7:00am. Could utilize a trainer to do 15 minutes of stretching/pump up time prior to beginning the race.
- ❖ **Hike/Outdoor Bootcamp at the Batiquitos Lagoon:** Groups could be shuttled over to Batiquitos lagoon with one of our trainers to do a nature hike or outdoor bootcamp.

PRICING

- ❖ Starting price of \$500 per each 50 minute class for a group of 20
- ❖ Each participant after 20 will be an additional \$20 per guest

This promotion cannot be combined with any other promotional offers and discounts. Offer can be discontinued at any time.



ATHLETIC TRAINERS



KATIA SHOKRAI

"I believe in educating people about functional body movement, and the benefits of stretching while creating a workout that is challenging, and fun."

Training at La Costa since 1985



TAMMY PEDERSON

"My attention is always on my students. I watch each one of them to make sure they are doing the right move so they can prevent injury. Helping people through fitness is the best job."

Training at La Costa since 2015



EMILY HILGEMANN

"When training with clients I enjoy making workouts physically challenging, interesting, fresh, and of course fun! It is important to me that clients meet their workout goals."

Training at La Costa since 2003



TOLI MIHERINAS

I work with all fitness levels, from the beginner to the elite athlete, however, I like to specialize in fitness over 40. I also focus on sports injuries and rehabilitation."

Training at La Costa since 2001



DEBBIE SIZEMORE

"I love to help clients reach their full potential by implementing a program directly tailored to their goals and lifestyle."

Training at La Costa since 2018



TRISH SACHS

"My ability and desire to train outdoors as well as indoors, enables each workout to be unique and exciting! Life is an Adventure and our workouts simply allow us to live life to the fullest and if we love our workouts, we will love life!"

Training at La Costa since 2007