

PILATES AND GARDEN WELLNESS PROGRAM

July 1st - Oct 31st



Rejuvenate your body with a Pilates class at Chuan Spa and explore the outdoors this summer with our curated garden wellness classes.

MONDAY	10:30am 11:30am	Reformer Pilates Reformer Pilates
TUESDAY	10:30am 11:30am	Reformer Pilates Reformer Pilates
WEDNESDAY	10:30am 11:30am	Reformer Pilates Reformer Pilates
THURSDAY	8:00am 10:30am 11:30am	Sunrise Yoga Reformer Pilates Reformer Pilates
FRIDAY	8:00am 10:30am 11:30am	Sunrise Core Reformer Pilates Reformer Pilates
SATURDAY	9:30am 10:30am 11:30am	Sound Bath Meditation Reformer Pilates Reformer Pilates
SUNDAY	10:30am 11:30am	Reformer Pilates Reformer Pilates

SIGN UP BELOW



CALL TO BOOK
626-585-6414

Sound Bath Meditation

LEVEL 1

This immersive experience is curated to unwind the mind and invite deep relaxation through the therapeutic power of sound and guided meditation.

Sunrise Core

LEVEL 2

This energizing class incorporates constantly-varied, functional movements and low-impact cardio with minimal equipment such as resistance bands.

Sunrise Yoga

LEVEL 2

This class invites you to set the tone of your day as you flow through a series of yoga asanas (poses) while peacefully guiding your mind to become calm and at ease. By practicing sunrise yoga, you allow your body to naturally wake and promote lasting benefits of mindfulness that trickle throughout your day.

Reformer Pilates

LEVEL 3

Uses both classical and contemporary techniques that focus on strengthening the core postural muscles which are essential to providing support for the spine.

Pilates

Resort Guests & Valued Spa Members: \$25

Local Guest: \$45

Garden Wellness

Resort Guests & Valued Spa Members: \$20

Local Guest: \$45

Perks: Please indulge in our spa amenities. We invite you to use our steam room, sauna, and spa tub. Amenities can be enjoyed up to 2-hour access when a fitness experience is booked.

Cancellation Policy: All cancellations and amendments must be done at least 24 hours prior to your booking. Any late cancellations or no-shows will be charged the full amount.

Parking: Please note that self-parking and street parking are not permitted. Spa guests enjoy a reduced valet parking rate of US\$15. You may obtain validation from the spa reception desk.

Minimum Age: The spa facilities are 18+ and fitness studio is only available for guests 15 years and older when accompanied by a guardian.

**Classes subject to change without notice*

L1 - Slow and gentle, focuses on recovery.

L2 - Moderate to intermediate, not recommended for pregnancy and individuals with physical and medical limitations.

L3 - All Pilates is considered to be challenging and not formulated for beginners.