

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.



CLASS SCHEDULE Open to All Levels

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00 AM	Power Stretch	Belmond Burn	Grit & Glow	Belmond Burn	Encanto Flow		
9:00 AM						Belmond Burn	Belmond Burn
10:00 AM						Inner Zen	Power Stretch

POWER STRETCH

This class takes you through every muscle group of the body, rotating through them 2-3 times, increasing the depth and intensity of the stretch. Focus on breath, life, and relaxation, leaving you feeling invigorated and ready to take on the day!

BELMOND BURN

Burning more calories and energy than your traditional class, this mind-muscle fusion class challenges you with your own body weight; you are sure to sweat.

GRIT & GLOW

Exercise the divinity in you by incorporating traditional strength training exercises with your favorite yoga poses. Rejuvenate your body and your mind.

ENCANTO FLOW

A rejuvenating yoga class catering to all levels of practitioners. Great if you have an existing practice or are looking to start one with us.

INNER ZEN

The peaceful warrior within you will come to the surface in this unique style of Tai Chi, keeping your body in constant, gentle motion to inspire inner tranquility.

HIGHLIGHTED SPECIALISTS



With a professional background including music, athletics, education, massage, and postural bodywork, Pat Hackney has maintained a regular Tai Chi practice since 1990 and has taught hundreds of others this moving meditation discipline since being certified as an instructor in

locations from resorts to senior communities and health clinics. See Pat on Saturdays for Belmond Burn and Inner Zen or in the Spa for a therapeutic massage.



Tina Hill comes to Santa Barbara, originally from Winnipeg, Canada. She has been a trainer and fitness instructor for 27 years, including a background in dance, running, weight training and rehabilitation. Her love of getting her clients to understand the mind-body connection, and implementing that philosophy into their lives, keeps her excited and motivated in the fitness industry. In addition to being a mother of three and a health and wellness business owner, Tina is a published author of the dark thriller, *Witchyman*, currently in pre-production for a film of the same name. See Tina every Sunday for Belmond Burn and Power Stretch.

WELLNESS SERVICES

At your leisure, contact The Spa at extension 3545 for a complimentary Wellness Service Consultation.

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, Tai Chi, 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
- Salsa Dancing
- Any of our Signature Classes can be offered in a private session

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.

MICRONUTRIENT ANALYSIS

This non-invasive DNA scan uses only a few strands of hair to analyze your body's usage of key nutrients and potential environmental effects. Delivered to you in a 35-page, in-depth report by one of our specialists.

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.

RESORT ACTIVITIES

For further information and to sign up, please visit the reception desk.

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



BE TRANSPORTED AROUND TOWN IN EUROPEAN ELEGANCE

Our Mercedes Sprinter is on hand to luxuriously transport you within a five-mile radius to any number of locations in our stunning city - from the waterfront, the Farmer's Market on State Street, or any number of lauded restaurants and boutiques in Santa Barbara and Montecito.

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.

CHESS, CHECKERS, CRIBBAGE, CARD, AND BOARD GAMES

No desire to exit your cozy bungalow? Relax in the comfort of your accommodations and polish your cribbage or chess skills. Looking for some healthy competition? Peruse our selection of classic board games like Clue, Scrabble, Monopoly, and Risk; just check with the reception desk.