
MOVE

WITH THE PACIFIC OCEAN AS YOUR INSPIRATION,
EXERCISE YOUR BODY WITH OUR INDOOR
AND OUTDOOR WORKOUTS.



COMPLIMENTARY FITNESS OFFERINGS

10,000 STEPS

Take 10,000 steps and explore the beauty of Santa Monica. Casa del Mar has created the ultimate beach-walking map to guide you to the Santa Monica Canyon and back (with some optional Third Street Promenade shopping along the way, in case you don't want to return empty-handed). This complimentary map is located in your room.

WALK WELL

Good health requires good posture. Healthy exercise requires perfect gait. Our Master Pilates Instructor and Gait Specialist, Mary Harris, guides you step-by-perfect-step on how to walk well. iPod Shuffles pre-loaded with Mary's tips are available for loan through the front desk.

We are complicated
machines made
up of body, mind
and spirit. Wellness
requires attention
to all three.
–Amber McMahon,
Casa del Mar
Wellness Director

PRIVATE SESSION DESCRIPTIONS

WORK OUT TO RELAX

Stimulate the mind and body with a rejuvenating full-body workout and massage. A skilled trainer will guide you through a personalized workout combining resistance, balance and functional training followed by an assisted stretch to prepare your body (and mind) for a therapeutic massage.

ONE ON ONE

A world-class personal trainer will take you through a challenging and energizing full-body workout, helping you to achieve your individual fitness goals.

FITNESS AL FRESCO

Become one with the ocean breeze! Let our trainer lead you through a personalized, fun and invigorating

training session on the beautiful Santa Monica Beach, just outside your door.

SCENIC RUN

Join our trainer for a tour of Santa Monica's beautiful oceanfront trails. Utilizing beachside training equipment that's popular with the locals, we will design a program to suit your needs, whether you desire a strong physical challenge or a simple scenic run.

PRIVATE YOGA SESSION

You'll improve flexibility, balance and overall strength during a personalized yoga session with a highly qualified instructor that incorporates breathing exercises and poses.

YOGA ON THE BEACH

Take your private yoga session outdoors to stretch in the sun and gaze at the waves.

PLAY TO WIN

Glean tips, strategies and moves with a beach volleyball lesson from an AVP pro.



MOONVIEW PRIVATE SESSION DESCRIPTIONS

TRADITIONAL CHINESE MEDICINE EVALUATION AND COUNSELING

Let our Traditional Chinese Medicine expert introduce you to a system of medicine that integrates Body, Mind and Spirit in a way that allows you to understand your physical and mental well-being from an entirely new perspective, awakening you to new possibilities for total health and well-being.

BODY MOVEMENT AND ENERGY WORK

You will be guided through a variety of simple body movements, stretches and postures that are based on various martial arts, yoga, centering and breath work. These easy and fun exercises will improve breathing and circulation, increase energy and enhance mood and disposition.

