



YOGA & FITNESS

BARRE FUSION

Low-impact, high-rep class to tone and strengthen glutes, legs, arms, and core.

ENERGY & RESTORE

Gentle restorative practice with breathwork and energy healing.

PILATES

Mat-based class using body weight and focused on core strength, flexibility, and alignment.

YIN YOGA

A slow, meditative practice of long-held postures that gently target the body's deeper connective tissues

HATHA YOGA

A gentle, foundational practice combining basic postures (asanas), breathing techniques (pranayama), and relaxation.

VINYASA YOGA

An energetic flow linking breath and mindful movement to build strength & mobility.

CARDIO DANCE FITNESS

A spicy fusion of movement, rhythm and fitness to uplifting Latin beats.

POWER PILATES

Full-body Pilates and full-range functional movement to build strength, tone, and improve mobility.

RESTORATIVE YOGA

A slow, gentle practice using full prop support to allow effortless release for a complete nervous system reset.

YOGALATES

A blend of yoga and Pilates for core strength, flexibility, and posture.

WELLNESS WEDNESDAY

A private elemental experience with Qigong, breathwork, meditation, and contrast therapy pools.

ON WEDNESDAYS | **THE SPA IN EL BOSQUE**

7 AM - 8:15 AM | **UP TO 4 GUESTS**

1-2 PERSON: C\$3,663 / US\$100

3 PEOPLE: C\$4,761 / US\$130

4 PEOPLE: C\$5,860 / US\$160

This experience is subject to availability, please register no later than Tuesday at 4 pm.

MONTHLY SPECIAL

CELEBRATE MOM WITH A SPA RITUAL

Treat Mom to a two-hour spa experience with a hibiscus scrub, aloe honey mask, 50-minute massage, and hydrating mini facial, designed for deep relaxation and renewal.

AVAILABLE DURING MAY: C\$9,523 / US\$260

WELLNESS SCHEDULE

MAY 1ST - 10TH

RANCHO SANTANA

▶ MONDAY	7:30AM: BARRE FUSION 9AM: VINYASA YOGA	5:30PM: ENERGY & RESTORE
▶ TUESDAY	8AM: PILATES	5:30PM: YIN YOGA
▶ WEDNESDAY	9AM: VINYASA YOGA	—
▶ THURSDAY	8AM: PILATES	5:30PM: YIN YOGA
▶ FRIDAY	9AM: VINYASA YOGA	5PM: CARDIO DANCE FITNESS
▶ SATURDAY	8AM: HATHA YOGA 10AM: POWER PILATES	—
▶ SUNDAY	9AM: RESTORATIVE YOGA	5:30PM: YOGALATES

DROP IN CLASS C\$919 / US\$25 EACH

PRIVATE CLASSES C\$2,930 / US\$80 FOR 2 PEOPLE

C\$732 / US\$20 PER PERSON AFTER THE INITIAL C\$2,930 / US\$80 FEE

ALL CLASSES WELCOME ALL LEVELS.

FOR MORE INFORMATION ABOUT CLASSES PLEASE CONTACT: SPA@RANCHOSANTANA.COM