

# MARCH 2023 ACTIVITIES



[granddelmar.com](http://granddelmar.com)

## MON

**vinyasa yoga flow**  
9am – 10am with rachel  
**barre/yoga**  
10am-11am with rachel  
**soulful meditation**  
11am-12pm with marina

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## TUES

**canyon hike with trail guide**  
8am-9am with joanna  
**strength training**  
9am-10am with joanna  
**yoga flow**  
10am-11am with joanna  
**pilates body sculpt**  
12:30pm – 1:30pm with heather

Wellness classes are held in the movement studio.

For hikes, please meet at the movement studio.

See the concierge or contact recreation to reserve a spot.

## WED

**full body fit**  
8am – 9am with kori  
(not on 3/1)  
**barre/yoga**  
8am-9am with rachel  
(only on 3/1)  
**canyon hike with trail guide**  
11:30am-12:30pm with joanna  
**sculpt**  
12:30pm – 1:30pm with joanna

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## THURS

**yoga flow**  
8am – 9am with rachel  
**canyon hike with trail guide**  
4pm-5pm with joanna  
**twilight yoga**  
5pm-6pm with joanna

## FRI

**vinyasa yoga flow**  
8am – 9am with rachel  
**stretch and strengthen**  
9:30am – 10:30am  
with kori (not on 3/31)  
**full body fit**  
10:30am – 11:30am with kori (not on 3/31)  
**full body fit**  
11:00am-12:00pm with rachel (on 3/31 only)

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## SAT

**gratitude meditation**  
11:30am – 12:30pm with marina

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## SUN

**calming meditation**  
11am – 12pm with marina  
**restorative flow**  
12:30pm – 1:30pm with taylor

### **DINING OPTIONS**

**Addison | Dinner Tues through Sat**  
**Amaya | Breakfast, Lunch and Dinner Daily**  
**Lobby Lounge | 4pm to 11pm Mon through Thurs, 12pm to close Fri and Sat**  
**The Clubhouse Grill | Breakfast and Lunch Daily, Dinner Fri and Sat**  
**Cent'Anni | To go items, 6am to 5pm Daily**  
**In-Room Dining | All Day Daily**

## **ARCHERY**

Daily 2pm and 3pm

## **PEDAL ON**

Take a spin on one of our bicycles or e-bikes to explore the area.

## **TAKE TO THE COURTS**

Tennis and pickleball racquets available.

## **EQUESTRIAN ACTIVITIES**

Riding and non-riding activities for 5 and up and all levels of experience.

Horse feeding | 1-1:30pm Tues - Sun

On 3/17 feeding will be 11:30am-12pm

Trail rides | 9:30am, 11am, 2pm, 3:30pm Tues-Sun

## **SPA TREATMENT OF THE MONTH**

Collagen Firming Facials (90 minutes)

When booking this treatment, Tuesday through Thursday, you will receive complimentary Renaissance Himalayan Bath Salts.

To reserve, please call 858-314-2020

## **AFTERNOON TEA**

Sat and Sun | 12pm to 4pm

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## **MARCH 2023 SPECIAL EVENTS**

### **MARCH MADNESS KICK-OFF**

Thurs, March 16 | Club M at Clubhouse Grill

### **BOSA NOVA NIGHT AT THE LOBBY LOUNGE FEATURING JONATHAN KARRANT**

Sat, March 18 | 6pm to 9pm

Sounds of Spring | Lobby Lounge

## **TENNIS AND PICKLEBALL CLINICS**

**reservations required at**  
[lynn.lewis@fairmont.com](mailto:lynn.lewis@fairmont.com)

**cardio tennis clinic**  
saturdays 10am-11am

**pickleball clinic**  
saturdays 12pm-1pm

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## **GOLF CLINIC**

**schedule your golf clinic or tee times at (858) 314-1930**

Fridays 1pm-2pm  
full swing clinic | \$50 per person

Saturdays 1pm-2pm  
putting clinic | \$50 per player

Golf is subject to availability.

Practice Facility, Twilight and Junior rates are available. Under 12 is complimentary when accompanied by an adult.