



LA COSTA™
EST. 1965

resort guide

Celebrating 50 Years
of The La Costa Lifestyle



1965-2015

OMNI  HOTELS & RESORTS
la costa

fitness classes

Reservation Required ☎ Fee \$

1000 KCAL BURN \$

Spin-sculpt combo class — for the ultimate workout — guaranteed to burn 1000 Kcal. **\$15**

ADULT/TEEN DANCE TECHNIQUE \$

This traditional dance class covers various dance styles including ballet, modern, jazz and hip hop. You will learn proper technique and alignment as well as choreography and variations. Suitable for beginners to intermediate.

AQUATONE

Fluid movements that will tone all the major muscle groups and incorporate all levels of training with water resistance. All classes will be held in the Garden Pool. **FREE**

AQUA ZUMBA

Adults will enjoy this fun and fast-paced class. All classes will be held in the Garden Pool. **FREE**

BALLET BARRE FUSION \$

Drawing its inspiration from ballet and Pilates, this class will help you get a ballet-inspired body. Use of the wall barre, mat and light hand weights to shape and elongate your major muscle groups. **\$15**

BATIQUITOS LAGOON TRAIL FITNESS \$

Experience the benefits of fresh air, sunshine, natural inclines/declines, core stabilization techniques and so much more! The class that “changes it up” naturally. Meet at Batiquitos Lagoon, entry 3 at Gabbiano Lane. **Participants must have their own transportation \$15**

BEACH WALK ☎

Enjoy a gorgeous walk on the beach along the Pacific Ocean. 90 minutes from departure. **Transportation is included and space is limited. To reserve a spot, call the Athletic Club at 760-804-7474.**

CORE PLUS

This 25-minute class will be a great finish to any workout, focusing on your core strength and working your abs. **FREE**

CYCLE & SCULPT \$

This class involves a spin bike workout and body sculpting. **\$10**

EXTREME BODY SCULPTING \$

An energizing 70-minute class with a big cardio workout along with a strengthening and conditioning workout for every major muscle group. **\$15**

FITKIDS \$

A favorite class for all kids ages 5-11. This class focuses on proper exercise form and function, in addition to sports training, yoga and nutrition talks. **\$10/child**

HARD CORE CIRCUIT \$

A fast-paced, high-energy class that will keep you coming back for more. This class combines weight, kettlebells, bars and body weight. **\$10**

HIIT BOOT CAMP \$

This class is focused on high intensity interval training designed to boost your metabolism while challenging your cardiovascular system. **\$10**

K2: KETTLEBELLS & KICKBOXING \$

Combines kettlebell iron strength and core training with cardio conditioning for a rigorous total body workout. **\$15**

MOMMY & ME BOOT CAMP \$

This class is for moms of all fitness levels. The focus is on interval training with the use of bands and your own body weight. Enjoy quality time with your child and variety in your exercise all while in the fresh air. **\$15**

MORNING WALK

World-class trainers will provide a good-paced walk around the property and surrounding areas. Meet in front of Marketplace. **Sun-Fri at 7am FREE**

OUTDOOR CIRCUIT CHALLENGE \$

Take your full body workout outside for a different training experience utilizing varying terrains from grass to stairs, around our gorgeous resort property. **\$15**

OUTDOOR CONDITIONING \$

This class is focused on interval training that will include running sprints, stairs and incline work. We utilize the TRX rip trainer and much more! **\$15**

OUTDOOR INTENSITY DENSITY \$

Strengthen your mental toughness and increase your endurance all while experiencing the beautiful outdoors. **\$15**

PIYO \$

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. **\$15**

PLYOMETRIC POWER \$

Fast, powerful movements using your own body weight, this class will challenge your inner athlete. **\$10**

POOLSIDE GENTLE YOGA \$

Gentle flow yoga with the added revitalizing effect of the beautiful outdoors. Take your practice to the garden pool.

PONTO BEACH BOOT CAMP \$

This exhilarating class in the sand includes Nordic pole trekking, stairs, kettlebells, TRX and resistance bands. Focusing on a full body workout with emphasis on balance, agility and endurance. **Participants must have their own transportation. Meet at Lifeguard Station #21. \$15**

SPIN \$

This 50-minute group cycling class is designed for all fitness levels. It involves various cycling drills that offer exhilarating cardiovascular health and increased muscle strength. **\$10**

SPIN & CORE \$

This 75-minute class will lead you through a spin cardio exercise along with a strength and core exercise for a full body workout. **\$15**

SPIN X-FACTOR \$

This class will give you a great workout using muscle confusion by mixing up the workout each class. **\$10**

TURBO KICK \$

You will kick, punch and groove your way to a brand new body in this action-packed, safe and effective cardiovascular workout. **\$15**

TWEENS & TEENS STRENGTH TRAINING 101 \$

This class is designed to introduce tweens & teens to a fit lifestyle. We discuss all aspects of strength training and they learn to use all machines and tools found in our gym to prepare them for a life of fitness. Ages 12-18. **\$10**

ZUMBA/CARDIO DANCE PARTY \$

Zumba combines high energy, motivational music, unique moves and dance. No dance experience needed. **\$15**

**PERSONAL TRAINING, TRX AND WOMEN-ONLY LIFTING CLASSES ARE AVAILABLE.
PLEASE CALL EXT. 7474 OR VISIT THE ATHLETIC CLUB FOR DETAILS.**

schedule

ATHLETIC CLUB HOURS
760-804-7474 | EXT. 7474

MONDAY - FRIDAY: 5AM - 9PM

SATURDAY - SUNDAY: 6AM - 9PM

monday

6:30-7:20am	PLYOMETRIC POWER	\$10
7-7:50am	MORNING WALK @ MARKETPLACE	Free
9-10:10am	EXTREME BODY SCULPTING	\$15
9-10:10am	OUTDOOR CIRCUIT CHALLENGE	\$15
10:20-11:10pm	TURBO KICK	\$15
11:30-12:20pm	AQUA ZUMBA	Free
12-12:50pm	HARD CORE CIRCUIT	\$10
4:30-5:20pm	ADULT/TEEN DANCE TECHNIQUE	\$15
5:30-6:20pm	FITKIDS	\$10
5:30-6:20pm	SPIN	\$10

tuesday

6:30-7:20am	SPIN X-FACTOR	\$10
7-7:50am	MORNING WALK @ MARKETPLACE	Free
8-8:50am	BALLET BARRE FUSION	\$10
8:30-9:20am	SPIN	\$10
9-10:10am	EXTREME BODY SCULPTING	\$15
9:30-10:40am	PONTO BEACH BOOT CAMP	\$15**
10:20-11:25am	ZUMBA/CARDIO DANCE PARTY	\$15
11:30-11:55am	CORE PLUS	Free
11:30-12:20pm	AQUATONE	Free
12-12:50pm	CYCLE & SCULPT	\$10
4-4:50pm	TWEENS & TEENS STRENGTH TRAINING 101	\$15
5:30-6:40pm	OUTDOOR INTERVAL FITNESS	\$15

wednesday

6:30-7:20am	PLYOMETRIC POWER	\$10
7-7:50am	MORNING WALK @ MARKETPLACE	Free
9-10:10am	SPIN & CORE	\$15
9-10:10am	EXTREME BODY SCULPTING	\$15
9-9:50am	MOMMY & ME BOOT CAMP	\$15
10:20-11:30am	OUTDOOR CONDITIONING	\$15
10:20-11:10am	TURBO KICK	\$15
11:30-12:20pm	AQUATONE	Free
12-12:50pm	HARD CORE CIRCUIT	\$10
5:30-6:20pm	SPIN	\$10
5:30-6:20pm	FITKIDS	\$10

thursday

6:30-7:20am	SPIN X-FACTOR	\$10
7-7:50am	MORNING WALK @ MARKETPLACE	Free
8-8:50am	BALLET BARRE FUSION	\$10
9-10:10am	EXTREME BODY SCULPTING	\$15
10:20-11:25am	ZUMBA/CARDIO DANCE PARTY	\$15
11:30-11:55am	CORE PLUS	Free
11:30-12:20pm	AQUATONE	Free
12-12:50pm	CYCLE & SCULPT	\$10

friday

6:30-7:20am	PLYOMETRIC POWER	\$10
7-7:50am	MORNING WALK @ MARKETPLACE	Free
8-8:50am	BEACH BOOTY BARRE	\$10
9-10:10am	SPIN & CORE	\$15
9-10:10am	EXTREME BODY SCULPTING	\$15
9-10:15am	BATIQUITOS LAGOON TRAIL FITNESS	\$15**
10:20-11:35am	K2: KETTLEBELLS & KICKBOXING	\$15
10:30-11:20am	MOMMY & ME BOOT CAMP	\$15
11:30-12:30pm	AQUA ZUMBA	Free
12-12:50pm	HIIT BOOT CAMP	\$10

saturday

7-8:40am	BEACH WALK	Free*
7:45-8:55am	OUTDOOR INTENSITY DENSITY	\$15
9-9:50am	EXTREME BODY CIRCUIT	\$15
9-9:50am	FITKIDS	\$10
9-10:20am	1000 KCAL BURN	\$15
10-10:50am	MOMMY & ME BOOT CAMP	\$15
10:20-11:30am	BALLET BARRE FUSION	\$15
11:30-12:20pm	ZUMBA/CARDIO DANCE PARTY	\$10
11:30-12:20pm	AQUA ZUMBA	Free

sunday

7-7:50am	MORNING WALK @ MARKETPLACE	Free
8-8:50am	PIYO	\$15
9-10:15am	EXTREME BODY SCULPTING	\$15
10:20-11:20am	TURBO KICK	\$15
11:30-12:20pm	AQUA ZUMBA	Free

* Reservation Required

** Own Transportation Required



Have you always wanted to try your own customized workout? Let us pair you with an experienced personal trainer for a workout session. CALL THE ATHLETIC CLUB AT EXT. 7474



Lose weight, get healthy and refresh your mindset with PFC Fitness' live-in fitness camp, based here at Omni La Costa Resort & Spa. Inquire for information.

yoga | meditation | pilates

Fee \$

ATHLETIC PILATES \$

This Pilates class is for the inner athlete, with increased emphasis on core and strength. Meet at the Yoga Center. **\$10**

CHOPRA FAMILY YOGA \$

Adults and their kids over the age of 6 are welcome. This class is on Saturdays and is held at the Yoga Center. **\$15/adult, kids free**

CHOPRA MEDITATION

The Chopra Center offers free 30-minute group meditation sessions throughout the week. Each session begins with a brief introduction that will guide you into the inner quiet of your meditation.

CHOPRA YOGA \$

The Chopra Center offers daily instruction in a unique yoga practice that will deeply benefit your body, mind and spirit. Meet at the Yoga Center. **\$15**

A COMPLIMENTARY CLASS WILL BE OFFERED ON SUNDAYS, PLEASE SEE SCHEDULE FOR TIMES.

CHOPRA YOGA LEVEL II \$

Level II emphasizes movement, balance and strength. This class requires students to hold poses longer and includes more advanced breathing techniques. Recommended for students ready to take their skills to the next level. Meet at the Yoga Center. **\$15**

GENTLE YOGA \$

Based on ancient forms of movement for balance, flexibility, strength and relaxation. Meet at Yoga Center. **\$10**

*GROOVE

No complicated choreography, no dance experience required. Just simple, authentic movement that calms the mind, nurtures the body and feeds the soul. See you on the dance floor! **FREE**

*CLASS IS ONLY OFFERED ON THE FOLLOWING DATES: 4/8, 4/10, 4/15, 4/17, 5/6, 5/8, 5/13, 5/15, 5/20, 6/3, 6/5, 6/10, 6/12

INTRODUCTION TO CHOPRA MEDITATION

On Fridays, the Chopra Center offers a free one-hour Intro to Meditation Class that includes guided, basic instruction. Check in at the Chopra Center.

MAT PILATES \$

Enhance flexibility, posture, body alignment and overall strength using Pilates techniques. Emphasis on abdominals and lower back. Meet at the Yoga Center. **\$10**

PILATES/YOGA FUSION \$

This is a class that combines yoga and mat Pilates together, working on your strength and flexibility. See below for location. **\$10**

VINYASA FLOW YOGA \$

This class integrates breath to movement at a moderate tempo. Emphasis on alignment of standing and balancing postures to promote muscular strength and flexibility. Class will complete with relaxation and meditation. All levels welcome. Not heated. **\$10**

schedule *See class description

ATHLETIC CLUB | 760-804-7474 | EXT. 7474 | MONDAY - FRIDAY: 5AM - 9PM | SATURDAY - SUNDAY: 6AM - 9PM
CHOPRA CENTER | 760-494-1648 | DAILY: 9AM - 6PM

monday

7-7:50am	CHOPRA YOGA @ YOGA CENTER	\$15
8-8:50am	PILATES YOGA FUSION @ ATHLETIC CLUB	\$10
10:20-11:10am	GENTLE YOGA @ YOGA CENTER	\$10
12-1pm	CHOPRA YOGA LEVEL II @ YOGA CENTER	\$15
6-6:30pm	CHOPRA MEDITATION @ YOGA CENTER	Free
6:45-7:30pm	CHOPRA YOGA @ YOGA CENTER	\$15

tuesday

7-7:50am	CHOPRA YOGA @ YOGA CENTER	\$15
8-8:30am	CHOPRA MEDITATION @ YOGA CENTER	Free
9-9:50am	VINYASA FLOW YOGA @ YOGA CENTER	\$10
10:20-11:10am	MAT PILATES @ YOGA CENTER	\$10
4:45-5:45pm	CHOPRA YOGA @ YOGA CENTER	\$15
6-6:30pm	CHOPRA MEDITATION @ YOGA CENTER	Free
6:45-7:30pm	CHOPRA YOGA @ YOGA CENTER	\$15

wednesday

7-7:50am	CHOPRA YOGA @ YOGA CENTER	\$15
8-8:30am	CHOPRA MEDITATION @ YOGA CENTER	Free
8-8:50am	PILATES YOGA FUSION @ ATHLETIC CLUB	\$10
10:20-11:10am	GENTLE YOGA @ YOGA CENTER	\$10
12-1pm	CHOPRA YOGA LEVEL II @ YOGA CENTER	\$15
4:45-5:45pm*	GROOVE @ YOGA CENTER	Free
6-6:30pm	CHOPRA MEDITATION @ YOGA CENTER	Free
6:45-7:30pm	CHOPRA YOGA @ YOGA CENTER	\$15

thursday

7-7:50am	CHOPRA YOGA @ YOGA CENTER	\$15
8-8:30am	CHOPRA MEDITATION @ YOGA CENTER	Free

9-9:50am	VINYASA FLOW YOGA @ YOGA CENTER	\$10
10:20-11:10am	ATHLETIC PILATES @ YOGA CENTER	\$10
4:45-5:45pm	CHOPRA YOGA @ YOGA CENTER	\$15
6-6:30pm	CHOPRA MEDITATION @ YOGA CENTER	Free
6:45-7:30pm	CHOPRA YOGA @ YOGA CENTER	\$15

friday

7-7:50am	CHOPRA YOGA @ YOGA CENTER	\$15
8-8:50am	POOLSIDE GENTLE YOGA @ GARDEN POOL	\$10
8-8:30am	CHOPRA MEDITATION @ YOGA CENTER	Free
10:20-11:10am	PILATES YOGA FUSION @ YOGA CENTER	\$10
12-1pm	CHOPRA YOGA LEVEL II @ YOGA CENTER	\$15
2-3pm	INTRO CHOPRA MEDITATION @ YOGA CENTER	Free
4:45-5:45pm*	GROOVE @ YOGA CENTER	Free
6-6:30pm	CHOPRA MEDITATION @ CHOPRA CENTER	Free

saturday

7:30-8:30am	CHOPRA YOGA @ YOGA CENTER	\$15
8:45-9:15am	CHOPRA MEDITATION @ CHOPRA CENTER	Free
8:45-9:45am	CHOPRA YOGA LEVEL II @ YOGA CENTER	\$15
10-10:45am	CHOPRA FAMILY YOGA @ YOGA CENTER	\$15
11-11:50am	PILATES YOGA FUSION @ YOGA CENTER	\$10
12-12:30pm	CHOPRA MEDITATION @ CHOPRA CENTER	Free
12:45-1:45pm	CHOPRA YOGA LEVEL II @ YOGA CENTER	\$15

sunday

7:30-8:30am	CHOPRA YOGA @ YOGA CENTER	\$15
9-10am	CHOPRA YOGA LEVEL II @ YOGA CENTER	\$15
10:30-11:30am	COMPLIMENTARY CHOPRA YOGA @ YOGA CENTER	Free

cliff drysdale tennis

Reservation Required ☞ Reservation Recommended ☞ Fee \$

TENNIS CLINICS, PROGRAMS + LESSONS

ADULT TENNIS DRILL \$ ☞

Daily drill clinics for intermediate level players.

Daily 9am, 10am and 2pm | Ext. 31

CARDIO TENNIS \$ ☞

This class is all about keeping your heart rate up, burning calories and having fun! No tennis experience required. All ages welcome.

\$30 for resort guests

JR. TENNIS CLINIC \$

Tennis Tots | Ages 4-5

Mondays & Thursdays 3-3:45pm

Fridays 3-3:30pm | Saturdays 9-10am

Little Pros | Ages 6-7

Tuesdays & Fridays 3:30-4:30pm | Wednesdays 4:30-5:30pm

Aces | Ages 8-11

Tuesdays & Fridays 4:30-5:30pm

Wednesdays 3:30-4:30 | Saturdays 1-2pm

HIGH PERFORMANCE ACADEMY

Mondays & Thursdays 4-6pm

Advanced tournament level juniors only, please call the pro shop for more details.

SUMMER CAMP

Morning Session: Ages 4-14, Mon-Fri 9am-12pm, \$235/resort guests.

Afternoon Session: For advanced juniors ages 8-18, Mon-Fri 2-5pm, \$235/resort guests.

Daily Drop in Rates: \$60/resort guests

SUMMER SESSIONS: 6/15-6/19, 6/22-6/26, 6/29-7/3



TENNIS "KING OF THE COURT"

Round robin doubles challenge court. Intermediate to advanced players welcome. **\$25 for resort guests**

TENNIS MEN'S NIGHT ☞

Round robin doubles organized by our tennis staff. Intermediate to advanced players welcome. **\$25 for resort guests**

TENNIS "QUEEN OF THE COURT" ☞

Round robin doubles challenge court. Intermediate to advanced players welcome. **\$25 for resort guests**

For more information please call ext. 31

LESSON PRICING:

Private:

30 minutes - \$60

60 minutes - \$100

90 minutes - \$150

Semi-private:

30 minutes - \$65

60 minutes - \$120

90 minutes - \$180

Group (60 minutes):

3 students \$40/person

4 students \$30/person

5 students \$25/person

6+ students \$20/person

\$10 racquet rental

\$25 hard court fee (per 1.5 hours)

\$30 ball machine (per hour)

\$35 clay court fee (per 1.5 hours)

schedule

TENNIS PRO SHOP | 760-931-7501 | EXT. 31 | DAILY: 8AM - 4PM *Subject to change*

monday

9-10am	ADULT TENNIS DRILL	\$30*
9am-12pm	JUNIOR SUMMER CAMP	\$30*
10-11am	ADULT TENNIS DRILL	\$30*
2-3pm	ADULT TENNIS DRILL	\$30*
2-5pm	ADVANCED JUNIOR SUMMER CAMP	\$30*

1-2pm	CARDIO TENNIS	\$30*
2-3pm	ADULT TENNIS DRILL	\$30*
2-5pm	ADVANCED JUNIOR SUMMER CAMP	\$30*

tuesday

9-10am	ADULT TENNIS DRILL	\$30*
9am-12pm	JUNIOR SUMMER CAMP	\$30*
10-11am	ADULT TENNIS DRILL	\$30*
1-2pm	CARDIO TENNIS	\$30*
2-3pm	ADULT TENNIS DRILL	\$30*
2-5pm	ADVANCED JUNIOR SUMMER CAMP	\$30*
5:30-7pm	TENNIS MEN'S NIGHT	\$25*

friday

9-10am	ADULT TENNIS DRILL	\$30*
9am-12pm	JUNIOR SUMMER CAMP	\$30*
9-11am	TENNIS "QUEEN OF THE COURT"	\$25*
10-11am	ADULT TENNIS DRILL	\$30*
10-11am	TENNIS 101 (BEGINNERS)	\$30*
11am-12pm	TENNIS 201 (ADVANCED BEGINNERS TO INTERMEDIATE)	\$30*
2-3pm	ADULT TENNIS DRILL	\$30*
2-5pm	ADVANCED JUNIOR SUMMER CAMP	\$30*

wednesday

9-10am	ADULT TENNIS DRILL	\$30*
9am-12pm	JUNIOR SUMMER CAMP	\$30*
10-11am	ADULT TENNIS DRILL	\$30*
10-11am	TENNIS 101 (BEGINNERS)	\$30*
11am-12pm	TENNIS 201 (ADVANCED BEGINNERS TO INTERMEDIATE)	\$30*
2-3pm	ADULT TENNIS DRILL	\$30*
2-5pm	ADVANCED JUNIOR SUMMER CAMP	\$30*

saturday

9-10am	ADULT TENNIS DRILL	\$30*
9-10am	JR. TENNIS CLINIC (4-6 YR OLDS)	\$25*
9-11am	TENNIS "KING OF THE COURT"	\$25*
10-11am	ADULT TENNIS DRILL	\$30*
1-2pm	JR. TENNIS CLINIC (7-11 YR OLDS)	\$25*
2-3pm	ADULT TENNIS DRILL	\$30*

thursday

9-10am	ADULT TENNIS DRILL	\$30*
9am-12pm	JUNIOR SUMMER CAMP	\$30*
10-11am	ADULT TENNIS DRILL	\$30*

sunday

9-10am	ADULT TENNIS DRILL	\$30*
10-11am	ADULT TENNIS DRILL	\$30*
2-3pm	ADULT TENNIS DRILL	\$30*

* Reservation Required

S'MORES NIGHTTIME ROAST \$

Stop by the fire pit to roast marshmallows and make your own s'mores — a sweet ending to a fun evening. **Prices vary.**

FREE THROW CHALLENGE ☎

Meet at the sport court to test your shooting skills. **Ext. 7543**

ARTS & CRAFTS ☎

Crafts vary from Stuff N' Fluff to Sandy Candy art. **Ext. 7543**

Waterslide Hours of Operation: Subject to Changes

April: Mon-Thur 9:30am-6pm, Fri-Sun 9am-6:30pm

May: Daily 9am-6:30pm

June: Daily 8am-8pm

Kidtopia Hours:

Daily 9am-4pm, Tues-Thur 5-9pm, Fri-Sat 5-10pm

schedule

monday

11am	DAILY CRAFT @ SPLASH PATIO	Free
3pm	ARTS & CRAFTS @ SPLASH PATIO	Prices vary
6-8pm	S'MORES NIGHTTIME ROAST @ GARDEN POOL	Prices vary

tuesday

11am	DAILY CRAFT @ SPLASH PATIO	Free
3pm	ARTS & CRAFTS @ SPLASH PATIO	Prices vary
6-8pm	S'MORES NIGHTTIME ROAST @ GARDEN POOL	Prices vary

wednesday

11am	DAILY CRAFT @ SPLASH PATIO	Free
10am	FAMILY SCAVENGER HUNT @ SPLASH PATIO	Free
3pm	ARTS & CRAFTS @ SPLASH PATIO	Prices vary
6-8pm	S'MORES NIGHTTIME ROAST @ GARDEN POOL	Prices vary

thursday

11am	DAILY CRAFT @ SPLASH PATIO	Free
3pm	ARTS & CRAFTS @ SPLASH PATIO	Prices vary
6-8pm	S'MORES NIGHTTIME ROAST @ GARDEN POOL	Prices vary

friday

11am	DAILY CRAFT @ SPLASH PATIO	Free
3pm	ARTS & CRAFTS @ SPLASH PATIO	Prices vary
7:30pm	GLOW IN THE DARK CRAFTS @ SPLASH PATIO	Free
6-8pm	S'MORES NIGHTTIME ROAST @ GARDEN POOL	Prices vary

saturday

11am	DAILY CRAFT @ SPLASH PATIO	Free
1pm	LIMBO CONTEST @ SPLASH LANDING	Free
3pm	ARTS & CRAFTS @ SPLASH PATIO	Prices vary
6-8pm	S'MORES NIGHTTIME ROAST @ GARDEN POOL	Prices vary
7:30pm	GLOW IN THE DARK CRAFTS @ SPLASH PATIO	Prices vary

sunday

10am	SCAVENGER HUNT @ SPLASH PATIO	Free
11am	DAILY CRAFT @ SPLASH PATIO	Free
12pm	FREE THROW CHALLENGE @ SPORT COURT	Free
3pm	ARTS & CRAFTS @ SPLASH PATIO	Prices vary
6-8pm	S'MORES NIGHTTIME ROAST @ GARDEN POOL	Prices vary

The Spa at La Costa



TREAT YOURSELF TO SOMETHING YOU TRULY DESERVE AT THE NATION'S #1 WELLNESS SPA.

Inspired by nature and the coastal California lifestyle, The Spa utilizes fresh citrus and herbs from our gardens to infuse signature treatments and time-honored therapies. Step into tranquility and unwind among the lush tropical gardens, private pool, waterfall showers, Spa Cafe and therapeutic reflexology path. Come for a treatment, stay for the day.

FOR MORE DETAILS OR TO MAKE A RESERVATION, PLEASE CALL EXT. 30

Fabulous Fashion Finds at The Shops at La Costa

AUDREY'S BOUTIQUE - add a little something extra to your look with our selection of shoes, bags, jewelry and scarves. Find the latest Marcia Moran, Kate Spade, Karen Kane and more!

PINKALICIOUS - offers everything from designer Lilly Pulitzer resort wear, Melissa shoes, Kendra Scott accessories and unique gift ideas.

LIVWELL BOUTIQUE - features products from Beyond Yoga, Vimmia and LuluLemon.

COASTAL DUNES - cool, casual resort wear for men as well as everything you need for a clean cut evening. Offers brands such as Maui Jim, Tommy Bahama, Oakley, 7 Diamond and more!

SPA SHOP - take your spa experience home with you with signature body products and scents including La Costa's signature coco-mango products, Eminence and FOREO.



GOLF CLINICS + LESSONS

When you play the courses at Omni La Costa Resort & Spa, you're walking in the footsteps of golf's legends. The resort has hosted four decades of PGA Tour events and today offers you the opportunity to create your own great golf moments. Omni La Costa has been named a Gold Medal Resort by *GOLF Magazine* (for four consecutive years) and was lauded by *Golfweek* as one of the Best Courses You Can Play for 2014.



LA COSTA GOLF PERFORMANCE INSTITUTE

Take your game to the next level with Omni La Costa's Golf Performance Institute. GPI features state of the art video swing analysis, hands-on instruction by A.J. Avoli, named one of Golf Digest's "Top 40 Young Instructors in America", and custom fit equipment options from our partners at Cobra Puma Golf.



WEEKLY RESORT CLINICS:

FRIDAYS 2-3PM | AGES 16+ | \$25 PER PERSON
MUST RSVP AT GOLF.LACOSTA.COM

THE ULTIMATE CLUB FITTING EXPERIENCE BY COBRA PUMA GOLF

Experience one of the most detailed and unique fittings in the industry. Choose our state of the art 3D motion capture system or 3D radar doppler technology for ball tracking to create the perfect set of clubs to match your swing. Our fitter, located right here on property, has worked with PGA Tour players and has built clubs for some of the top athletes in the world. For more details or to make your appointment, please visit golf.lacosta.com



A.J. AVOLI
DIRECTOR OF INSTRUCTION
OMNI LA COSTA RESORT & SPA

Named to *Golf Digest's* "Top 40 Young Instructors in America," A.J. Avoli is the Director of Instruction, Omni La Costa. A master teacher of the game, A.J. was certified by and held senior positions with the PGA TOURAcademy, Hank Haney Golf World Headquarters and The Jim McLean Golf Schools.

Proficient in the latest golf technologies, A.J. is noted for his keen abilities to take a golfer's game to the next level and for his expert guidance in teaching the mental game of golf. He is a passionate leader in the field of golf fitness and holds a degree in professional golf management.

Congenial and generous with his time and attention, A.J. has taught golf schools, private lessons, clinics and junior camps for over a decade. He has taught the world's elite juniors in Asia over the past few years and continues to expand his influence to make the game of golf available to the community at large by donating his time to several charitable organizations.

A published expert in his field, you can read A.J.'s articles and golf tips in *Golf Digest* and *Golf Tips* magazines as well as on pgatour.com.

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