

# Shiley Sport and Health Center

at the Scripps Center for Integrative Medicine

10820 North Torrey Pines Road

San Diego, CA 92037



**Hilton**  
La Jolla Torrey Pines



## **Scripps Center for Integrative Medicine**

Located within the Scripps Center for Integrative Medicine, the **Shiley Sport and Health Center** is a comprehensive exercise center serving those with specific medical concerns as well as healthy populations. Focusing on the role of fitness in overall health, each member of our staff has an undergraduate or graduate degree and is certified and professionally affiliated with either the American College of Sports Medicine, National Strength and Conditioning Association or the American Council on Exercise.

### **The fitness center offers:**

- Full-service weight room with designated area for stretching and abdominal work
- Complete cardiovascular room with a wide variety of equipment
- 25-yard outdoor lap pool heated to 82 degrees year round
- Outdoor track with ocean and golf course views
- Full-service locker rooms with showers
- Ongoing group exercise and aquatic fitness classes

Shiley Sport and Health Center membership includes an initial fitness evaluation, exercise consultation with equipment orientation and unlimited use of the facility. Monthly, weekly and daily rates also are available.

### **Elite athleticism program**

Created by world-renowned athletic development expert Dean Brittenham, Elite Athleticism is one of the most comprehensive performance programs in the country. Under the direction of program director Justin Frandson, Elite Athleticism teaches correct running techniques, proper biomechanics for all movements and right- and left-brain development for relaxed concentration to bring about tremendous results.

### **Group exercise classes**

Give your fitness program a boost with a variety of group exercise classes offered by dynamic instructors that know how to get you motivated. Aquatic aerobics, kick boxing and yoga are just a few of the classes that you can use as part of a comprehensive program to achieve your fitness goals. For a class schedule, call 858-554-3488.

For more information on Shiley Sport and Health Center or Elite Athleticism, call the business office at 858-554-3488.

For more information please call (858) 554-3488 10820 North Torrey Pines Road La Jolla, CA 92037-1036  
or Contact the Hotel Concierge

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# Shiley Sport and Health Center FITNESS CLASSES



## Hilton Guest Rates:

**1 Day : \$10    3 Days : \$17    1 Week : \$30**

**Cycle Reebok** - An invigorating cardiovascular workout on Cycle Reebok spinning bikes for all fitness levels. 14 bicycles are available. Reservations can be made on same day.

**Extreme Sculpt** - Strengthening toning and muscular conditioning class using dynabands, extrudes and free weights.

**Mat Class** - A core strengthening class that will improve your strength and flexibility. Based on the teachings of Joseph Pilates.

**Power Yoga** - An intense combination of strengthening and flexibility - emphasis on alignment.

**Senior Fitness** - Designed for older adults, this class improves cardiovascular endurance, strength and flexibility.

**Aquacise** - A vigorous, water-supported exercise class using waters resistance to increase cardiovascular endurance, muscle tone and flexibility.

**Aquamotion** - A fun, gentle approach to water fitness increasing muscle tone and flexibility.

**Healthy Back Aquatics** - A specially designed low-impact aquatic exercise program for persons recovering from neck and back pain. Classes are held in our warm indoor therapy pool. Medical clearance is required.

**Prenatal Aquatics** - An aquatic exercise class held in our warm indoor therapy pool, for women who are more than 12 weeks pregnant. Medical clearance is required.

**Masters Swim** - Improve stroke technique, speed, endurance and overall fitness. All levels meet in group workouts.

**Level 1** - Beginner swimmer

**Level 2** - Intermediate swimmer

**Level 3** - Advanced swimmer

**Watsu** - A harmonious blend of therapeutic massage and Japanese Zen Shiatsu are performed in a warm indoor pool. For a private session please call (858) 554-4784.

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