

# Fitness & Activities Schedule

## November Resort Schedule - 2022

### MONDAY

7:00 am	Outdoor Fit Camp	Jason
8:00 am	Sunrise Stretch (Spa Lawn)	Jason
8:15 am	Restorative Yoga	Keryl
11:00 am	Water Fitness	Grayson
1:00 pm	Pilates Reformer (Beg/Int)	Kay

### TUESDAY

7:00 am	Pilates Reformer (All Levels)	Kathy
8:30 am	Meditative Stretch	Beri

### WEDNESDAY

7:00 am	Outdoor Fit Camp	Jason
8:00 am	Sunrise Stretch (Spa Lawn)	Jason
11:00 am	Water Fitness	Grayson
2:30 pm	Bionic Booty	Billy

### THURSDAY

7:00 am	20/20/20 Workout	Billy
8:30 am	Meditative Stretch	Beri
5:30 pm	Sound Meditation (Quiet Room)	Jeanette

### FRIDAY

7:00 am	**Bike & Hike (Echo Canyon)	Steve
7:00 am	20/20/20 Workout	Billy
8:30 am	Flow Yoga (All Levels)	Jason

### SATURDAY

7:00 am	**Bike & Hike (Echo Canyon)	Steve
8:00 am	Outdoor Fit Camp	Billy
8:30 am	Power Walk	Jason
10:00 am	Bionic Booty	Billy
11:00 am	Water Fitness	Grayson
11:30 am	Restorative Yoga	Keryl
1:00 pm	Cardio Sculpt	Patti
2:30 pm	Meditative Stretch	Patti

### SUNDAY

8:30 am	Power Walk	Jason
10:00 am	Flow Yoga (All Levels)	Keryl
11:00 am	Water Fitness	Grayson
1:00 pm	Sound meditation (Quiet Room)	Jeanette

**Personal training and private classes available by appointment.**

**Class descriptions on reverse.**

**\*\* Bike and Hike: \$45**

**\*\* Aerial Yoga: \$35**

Pre-registration is required for all classes. Classes will max out at the following number of people per class:

- Cycle: 6
- Pilates Reformer: 6
- Water Fitness: 6
- Bike & Hike: 5
- All Other Classes: 8

All Classes will be at the Outdoor Fitness Area (Near Yoga lawn)

Sound Meditation located in quiet room (see Spa Front Desk)

Socks are required for all Pilates Reformer classes.

24 Hour Cancellation for Paddle Board Yoga and Aerial Yoga

# movement studio class descriptions

**20/20/20 Workout:** This class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of sculpt, and 20 minutes of stretching and core work.

**Flow Yoga:** Feel Energized through a series of standing and balancing postures linking breath and movement. **(all levels)**

**Restorative/Sunrise Yoga:** Restore your body by focusing on deep stretching of the connective tissue in the hips, pelvis and lower spine. Poses are held for 2-3 minutes. Yin Poses held for a longer period of time. **(all levels)**

**Kettle Bell:** This course is one hour and will be focused on a full body workout with one single Kettle Bell. Guests will be given the instructions necessary to perform the exercises both at the Sanctuary and at home. The course will give the guest the confidence/ability to do a quick and effective work out. **(all levels)**

**\*Pilates Reformer:** Using the core for stability, exercises are performed either sitting or lying down on a universal gym type apparatus that uses springs for resistance. Experience a total-body workout that will leave you feeling stronger, more flexible and standing with improved body alignment. **(beginners/intermediate)**

**TRX Suspension Training:** Challenge your strength, flexibility and core while executing exercises using your bodyweight against gravity, with resistance straps suspended from the ceiling. **(all levels)**

**Core Yoga:** Core yoga is a yoga influenced core work class with emphasis not only on actual core work, but what lies at our spiritual core and directs our best practice. Class caters to student's needs. **(all levels)**

**Tai Chi:** If you're looking for a way to reduce stress, consider tai chi (TIE-CHEE). Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

**Bionic Booty:** This class is designed to burn stubborn body fat, tighten up the midsection, strengthen, shape and tone your glutes. All while using minimal equipment, resistance bands and body weight.

**Water Fitness (Seasonal)** Meet at the Lap pool and experience land and water based exercises that combine muscular and cardiovascular conditioning into one fun and revitalizing workout. **(All levels)**

**\*\*Bike & Hike (Camelback Mountain):** Bike to Camelback Mountain and Climb/Hike. Hike: Advanced groups will hike scenic "Echo" trail. This trail is an intense and difficult anaerobic hike the entire 1.23 miles to the summit. It ascends approximately 1,280 ft, from 1,424 ft above sea level to 2,704 ft. To reach the summit, private guided tours are available for booking. Hike begins with a short bike ride to the trail head. Please wear proper foot attire and meet in the Spa courtyard. Please call fitness at ext. 700 for reservations or questions. **\$45 fee per person applies.**

**Restorative Meditation:** Meditative form of yoga that allows you to focus on your breath while releasing tension in your body. This class ends with a voice guided meditation

**Cardio/Sculpt:** This class will elevate your heart rate and tone your body at the same time. Using a combination of large motor movements, weights, bands and bars you will experience a full body workout. **(all levels)**

**Outdoor FIT Camp:** Lunge, squat, lift, perform plyometric and other various fitness moves to strengthen your entire body. This class will use a variety of modalities to achieve a strong, healthy physique. **(all levels)**

**Indoor Cycling/Indoor Cycling & Abs:** Gear up for the ultimate "indoor" calorie-burning workout! This class emulates road riding on a specially designed Keiser and gear cycle. Bikes are clip accessible. Please call ext. 336 or 326 to reserve your spinning bike.

**Meditative Stretch:** Enjoy a full body, restorative stretch along with the quiet Zen atmosphere of peaceful music playing in the background. You will experience various props to help facilitate a safe and effective stretch. Leave this class feeling refreshed and renewed.

**Aerial Yoga:** Experience yoga by connecting with the element of air! Aerial yoga is a combination of traditional yoga poses done on the floor and postures practiced using a soft fabric trapeze (Hammock/Sling) suspended at hip height. Aerial yoga helps you to move freely with less effort by counteracting gravity. Suspension in the air releases tension in the bones and muscles, strengthens core muscles while increasing spinal and shoulder flexibility. Leave your worries and come fly with us!



**SANCTUARY**  
CAMELBACK MOUNTAIN

A Gurney's RESORT & SPA