



FITNESS AND ACTIVITY SCHEDULES

October 2023

MONDAY

6:00am	Outdoor Fit Camp	Jason
7:00am	Sunrise Stretch (Spa Lawn)	Jason
8:00am	*Pickleball Group Drills	Frank
8:30am	Restorative Yoga	Keryl
8:30pm	Water Fitness	Grayson
9:30am	*Pickleball Clinic	Frank
1:00pm	Pilates Reformer (Beg/Int)	Nicholle
2:45pm	TRX Suspension	Brian
4:00pm	20/20/20	Brian
5:15pm	Refresh, Renew, Recover	Brian

TUESDAY

7:00am	Pilates Reformer (All Levels)	Kathy
8:00am	*Tennis Clinic	Frank
8:30am	Meditative Stretch	Keryl
9:30am	*Pickleball Group Drill	Frank
11:15am	Pilates Reformer (Beg/Int)	Kay
12:30pm	Pilates Reformer (All Levels)	Kay
5:00pm	Meditative Stretch	Patti

WEDNESDAY

6:00am	Outdoor Fit Camp	Jason
7:00am	Cycle & Sculpt	Kathy
7:00am	Sunrise Stretch (Spa Lawn)	Jason
8:00am	*Tennis Clinic	Scott
8:30am	Water Fitness	Kathy
9:30am	*Pickleball Group Drills	Scott
12:30pm	Pilates Reformer (Beg/Int)	Nicholle
5:00pm	*Aerial Yoga w/ Sound Healing	Jeanette

THURSDAY

8:30am	*Tennis Clinic	Scott
8:30am	Meditative Stretch	Keryl
9:30am	*Pickleball Group Drills	Scott
11:15am	Pilates Reformer (Beg/Int)	Jessica
12:30pm	Pilates Reformer (All Levels)	Jessica
5:30pm	Sound Meditation (Quiet Room)	Jeanette

FRIDAY

6:00am	Outdoor Fit Camp	Jason
7:00am	*Bike & Hike (Echo Canyon)	Steve
7:00am	Sunrise Stretch (Yoga Lawn)	Jason
7:30am	Pilates Reformer (Adv)	Nicholle
8:45am	TRX Suspension	Nicholle
11:15am	Pilates Reformer (Beg/Int)	Grayson
1:00pm	Flow Yoga	Keryl

SATURDAY

7:00am	*Bike & Hike (Echo Canyon)	Steve
7:00am	*Paddleboard Yoga	Carlee
8:00am	*Tennis Clinic	Frank
8:30am	*Aerial Yoga	Carlee
8:30am	Foam Rolling	Jason
9:45am	Pilates Reformer (Adv)	Jessica
10:15am	Water Fitness	Abby
11:00am	Pilates Reformer (Beg/Int)	Jessica
12:30pm	Restorative Yoga	Keryl
1:45pm	Cardio Sculpt	Patti
3:00pm	Meditative Stretch	Patti

SUNDAY

7:00am	*Paddleboard Yoga	Carlee
8:00am	*Tennis Clinic	Frank
8:30am	*Aerial Yoga	Carlee
8:30am	Foam Rolling	Jason
8:30am	Water Fitness	Grayson
10:00am	Flow Yoga (All Levels)	Keryl
11:15am	Restorative Yoga	Keryl
1:00pm	Sound Meditation (Quiet Room)	Jeanette

*Classes with Fees: Bike & Hike (\$45), Aerial Yoga (\$35), Paddleboard Yoga (\$55), Tennis Clinic (\$65), Pickleball Clinic (\$65)

Pre-registration is required for all classes. Classes will max out at the following number of people per class: Pilates Reformer (6), Cycle (6), Water Fitness (6), Bike & Hike (5), All Other Classes (8)

Sound Meditation located in Quiet Room (see Spa Front Desk). Socks are required for all Pilates Reformer classes.
24 hour cancellation required for Aerial Yoga.

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 a 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)

Sound Meditation: Sound meditation is the use of sound as tool to cultivate and support deep relaxation. Ultimately, the purpose is to create a gentle, yet powerful, experience that heals the body, clears the mind and helps rein your attention to the present. Switch off your mind and tune into yourself.

***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)

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.

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 (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)

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)

Refresh, Renew, Recover: Foam Rolling, Stretching, and other movements and modalities to ease aches and pains, recover quicker, reduce injuries, and improve performance.

***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.

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. 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!

***Aerial Core:** Elevate your Core! This fun class focuses on strengthening the upper and lower abs, obliques, and lower back muscles while suspended in an aerial hammock. Using the hammock to support a blend of Aerialist and Pilates-inspired ab work allows for better form as well as functional movement to stretch and strengthen the core more efficiently. Each class will finish with a photo worthy trick! Beginner friendly with modifications and assistance provided. It is recommended to wear full length leggings.

***Aerial Yoga w/Sound Meditation:** Experience the weightlessness and support of the Aerial Yoga Hammock through basic foundational yoga poses using the aerial silk to deepen into stretches. This class will end by being cocooned by the comfort of the aerial silk fabric with sound healing that resonates around your whole body. The sound meditation ranges from harmonic tones from crystal singing bowls, gong, ocean drum and voice.