

fitness & activities schedule

December 2011

MONDAY

7:00 am	Sunrise Yoga	Patti
8:00 am	Cardio Boot Camp!	Patti
9:00 am	Tennis Clinic*	
9:00 am	Member's Pilates*	Kara
10:15 am	Member's Pilates*	Kara
10:30 am	Outdoor Adventure	Mel
4:30 pm	Core/Cycle/ Stretch !*	Patti
	20/20/20	
5:30 pm	Member's Pilates *	Kara

TUESDAY

7:00 am	Indoor Cycle*	Mel
8:15 am	Flow Yoga	Susie
9:00 am	Tennis Clinic*	
9:30 am	Functional Stretch	Mel
10:45 am	Pilates Reformer*	Joan
	(Resort Class)	
4:30 pm	Core/Cycle/Stretch! *	Patti
	20/20/20	

Wednesday

8:00 am	Pilates Power Fusion!	Kara
9:00 am	Tennis Clinic*	
9:00 am	Member's Pilates*	Kara
10:15 am	Member's Pilates*	Kara
12:15 pm	Restorative Yoga	Susie
10:30 am	Outdoor Adventure	Kim S.
4:30 pm	Hatha Yoga	Patti

THURSDAY

7:00 am	Indoor Cycle*	Mel
8:15 am	Flow Yoga	Kate
9:00 am	Tennis Clinic*	
9:30 am	Cardio Beat Box	Mel
10:45 am	Pilates Reformer*	Joan
	(Resort Class)	
4:00 pm	Member's Pilates*	Kara

Personal Training sessions

Private Pilates & Yoga

Available by
appointment

♦Fitness Schedule is subject
to change

FRIDAY

7:45 am	Flow Yoga	Meagan H
8:00 am	Bike & Hike**	
	(Echo or Cholla)	
9:00 am	Tennis Clinic*	
9:00 am	Member's Pilates*	Kim S.
10:15 am	Member's Pilates*	Joan
10:30 am	Outdoor Adventure	Mel
11:30 am	Pilates Reformer*	Kara
	(Resort class)	
1:00 pm	Hatha Yoga	Keryl

SATURDAY

8:00 am	Bike and Hike **	Brice
	(Cholla - Intermediate)	
8:00 am	20/20/20*	Patti
	(Cycle/Core/Yoga)	
9:00 am	Tennis Clinic*	
9:15 am	Dance Body Barre	Kara
10:15 am	Member's Pilates*	Kara
12:30 pm	Hatha Yoga	Keryl
1:00 pm	Mixology	Elements

SUNDAY

7:15 am	Sunrise Stretch	Patti
8:15 am	Pilates Reformer*	Kim S.
	(Resort Class)	
9:00 am	Tennis Clinic*	
9:30 am	Indoor Cycle & Abs!*	Kim S.
10:30 am	ZUMBA!	Young
11:30 am	Restorative Yoga (private)	Keryl/Paula
12:45 pm	Flow Yoga	Keryl/Paula

NEW "Wine A Little Paint A Lot" class coming soon!...

*Prior registration is required for Tennis Ext. #340

*Tennis Clinic \$50

**Bike & Hike or Bike & Climb fee \$ 30. (2-2.5 Hours)

***Schedule is subject to change

*Registration required, you may call 480-607-2326

Or dial #326 from your casita to register

Satori Wellness Retreats also available dial #336 to inquire

Personal training and private classes available by appointment.

\$18.00 Resort Fee also applies to use of Spa/Fitness Facilities. Class descriptions on reverse.

movement studio classes

Hatha Yoga

Focuses on the fundamental poses of the practice, with emphasis on alignment, form, breath, building core strength and increasing flexibility. (Beginner-Inter.)

Flow Yoga

Feel energized through a series of standing and balancing postures linking breath and movement. Class will include seated postures, twists, core work, and relaxation. Room temperature will be warm in order to maintain muscle flexibility. (Intermediate Level)

Restorative/Yin 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)

Sunrise Stretch

Wake up your body with a combination of Yoga and stretch poses to warm the muscles and increase circulation

*Tennis Clinic

Improve your game by working with tennis professionals during daily clinics. The 90-minute clinics are kept to a 4:1 ratio to maximize the learning environment. Proper tennis attire and shoes are required. Please call ext. 340 to reserve your space. A lesson fee of \$50 applies.

Dance Body Barre

A total body workout starting with Latin dancing -Ballet Barre and body sculpt...fun class! (All Levels)

Cardio Bootcamp!

A fun and challenging cardio class—incorporates body sculpt with props and power abs (beg.-Intermediate)

*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 and various props. Experience a total-body workout that will leave you feeling stronger, more flexible and standing with improved body alignment. (Beginners-Intermediate and Advance classes.) * Pilates Personal Training also available, please call ext. # 326, or #336 to book your session.

Mixology Class from Food and Beverage

Learn the latest trends creating the "hottest" new mixed drinks Sanctuary style, with our certified award winning mixologists. \$30. per person

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)

Cardio Beat Box

This 45 min class with a 15 minute lengthen to strengthen "cool down" combines cardio boxing with combative movement sequences designed to peak you aerobically and unleash that "inner warrior within". Band training is integrated into this workout to tone and tighten those trouble spots. (intermediate)

Functional Stretch

Focus on breath, mind-body awareness and body stabilization as individuals learn various stretching techniques and functional movement patterns to aid with proper body alignment. Utilize giant rubber bands, stretch straps, slomo balls and one's bodyweight to increase tone and overall strength. (All Levels)

*Core/Cycle/Stretch and 20.20.20.

Start with 15 minute Power Abs, 30 minutes of calorie burning Cycling and 15 minutes of Yoga stretch. Full Body workout! (All Levels) The Saturday class is 20 minutes cycle, 20 minutes core and 20 minutes of Yoga

Pilates Power Fusion Start with a standing low impact warm up then onto the Mat with strengthening and resistance exercises using props Pilates style! All levels

ZUMBA

Have fun while burning a lot of calories learning salsa, mambo, samba, cumbia and more!... Zumba includes Columbian/Latin dance. (intermediate)

Indoor Cycling/Indoor Cycling & Abs

Gear up for the ultimate "indoor" calorie-burning workout! This class emulates road riding on a specially designed fixed gear cycle. Bikes are clip accessible. Please call ext. 336 or 326 to reserve your spinning bike. (All Levels)

Outdoor Adventure

Wake up and get energized with an "outdoor" fitness camp. By utilizing nature's resources, we may bike ride, power-walk up hills, engage in muscle-strengthening exercises and perform yoga postures/stretches. (All levels)

Bike & Climb/Hike (Camelback Mountain)

Bike to Camelback Mountain and Climb/Hike. Advanced hikers will experience a challenging rock scramble as they are guided up "Echo Canyon" to the ¾ marker. Hike: Intermediate groups will hike scenic "Cholla" to the saddle. To reach the summit, private guided tours are available for booking. Both hikes begin with a short bike ride to the trail heads. Please wear proper foot attire and meet in the Spa courtyard. Please call fitness at ext. 336 or 326 for reservations or questions.

Adventure Tours

Half or full day Mountain Biking, Rock Climbing, Nature Walks and Valley Hiking Tours are booked individually or in groups. Transportation, gear, water and snacks are included. For reservations cancelled less than 24 hours, a no refund policy applies. More than 24 hours = 100% refund. Please call ext. 336 for more information.

Gold Medal Swim (Group Session of 4-6 people)

45 minutes open water specific freestyle technique work and 45 minutes heart rate based interval training to improve endurance. Train with Gold Medalist Misty Hyman who will teach you the skills and techniques you need to get better. Misty has been training triathletes for 5 years.

\$75.00 per person. 90 minutes. Sign up required

*Pre-registration is required.
Phone 480-607-2326
Please dial extension 326.

