

fitness & activities

July Resort 2018

MONDAY

| | | |
|----------|------------------------|-------|
| 7:00 am | F.I.T. Boot Camp 45 | Kay |
| 8:00 am | *TRX Suspension 45 | Danny |
| 8:00 am | ~Tennis Clinic | |
| 11:30am | Water Fitness | Kay |
| 11:30 am | Flow Yoga (all levels) | Jason |
| 12:45 pm | *Pilates Reformer | Kay |

TUESDAY

| | | |
|----------|------------------------|------|
| 7:00 am | *Indoor Cycling | Kay |
| 8:00 am | ~Tennis Clinic | |
| 9:30 am | Meditative Stretch | Beri |
| 12:00 pm | Flow Yoga (all levels) | Kay |

WEDNESDAY

| | | |
|----------|----------------------|------------|
| 6:00 am | *Pilates Reformer 45 | Instructor |
| 7:00 am | Myofascial Stretch | Tim |
| 8:00 am | Cardio/Sculpt 45 | Kathy |
| 8:00 am | ~Tennis Clinic | |
| 11:30 am | *Pilates Reformer | Vanessa |
| 12:45 pm | Restorative Yoga | Jason |
| 5:15 pm | *TRX Suspension | Danny |

THURSDAY

| | | |
|----------|--------------------|--------|
| 7:00 am | *Indoor Cycling | Kathy |
| 8:00 am | ~Tennis Clinic | |
| 8:15 am | *TRX Suspension | Kay |
| 9:30 am | Meditative Stretch | Beri |
| 12:00 pm | *Pilates Reformer | Ulyssa |
| 1:15 pm | Hatha Yoga | Jason |
| 6:00pm | **Paddleboard Yoga | Jason |

FRIDAY

| | | |
|----------|------------------------|--------|
| 7:00 am | Sunrise Yoga | Jason |
| 7:00 am | **Bike & Hike | Steve |
| 7:00 am | **Paddleboard Yoga | Carlee |
| 8:00 am | F.I.T. Boot Camp 45 | Kay |
| 8:00 am | ~Tennis Clinic | |
| 9:00am | Water Fitness | Kay |
| 11:30 am | *Pilates Reformer | Kay |
| 12:45 pm | Flow Yoga (all levels) | Jason |
| 2:00 pm | TRX Suspension | Danny |

SATURDAY

| | | |
|----------|-----------------------|---------|
| 7:00 am | *Indoor Cycling & Abs | Kathy |
| 7:00 am | **Bike & Hike | Steve |
| 7:00 am | **Paddleboard Yoga | Carlee |
| 8:00 am | ~Tennis Clinic | |
| 8:15 am | Cardio/Sculpt 45 | Kathy |
| 11:45 am | *Pilates Reformer | Vanessa |
| 1:00 pm | Hatha Yoga | Jason |
| 2:30 pm | **Aerial Yoga | Carlee |

SUNDAY

| | | |
|----------|---------------------|---------|
| 7:00 am | **Paddleboard Yoga | Jason |
| 8:00 am | *Pilates Reformer | Vanessa |
| 8:00 am | ~Tennis Clinic | |
| 9:15 am | *TRX Suspension 45 | Hannah |
| 10:15 am | Flow Yoga (beg/int) | Jason |
| 12:45 pm | Yoga Nidra | Taffy |
| 2:30 pm | **Aerial Yoga | Carlee |

* \$20 fee applies to TRX, Pilates Reformer & Indoor Cycling classes. Please arrive to the Spa front desk 15 minutes prior to class to register; prepaid receipt goes to the instructor.

** Paddle Board Yoga: \$55 fee. **Aerial Yoga: \$35 Fee

Please register by 6 pm the night before class and arrive to the Spa front desk 15 minutes prior to class; prepaid receipt goes to the instructor.

** Bike & Hike: \$35 fee, 2-2.5 Hours. Registration required.

~ Tennis Clinics: \$55 fee. Please register at ext. 340.

Please dial Ext. 700 or call 888-722-6230.

Proper fitness attire required.

movement studio class descriptions

Hatha Yoga

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

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 except Friday's is advanced)

Restorative/Yin Yoga/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)

* 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)

Cardio/Sculpt 45

This 45 minute class will both elevate your heart rate and tone your body. Using a combination of large motor movements, weights, bands and bars, you will experience a full body workout in 45 minutes. (All levels)

** Bike & Hike

Bike to Camelback Mountain and Climb/Hike. Hike: Intermediate groups will hike scenic "Cholla" to the saddle. 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.

\$30 fee per person applies. (Intermediate level)

TRX Suspension

Challenge your strength, flexibility and core while executing exercises using your body weight against gravity, with resistance straps suspended from the ceiling. (All levels)

20/20 Cycle & Abs

Enjoy a vigorous cycle class for 20 minutes followed by a variety of abdominal exercises that will challenge your core. Cool down with a 5 minute myofascial stretch to complete the workout. (All levels)

Circuit Training (in the gym)

Enjoy a creative mix of cardio, strength and core exercises performed in the gym using the free weights, TRX, weight machines and your own body weight. This will be a full workout in just 45 minutes. Meet the instructor in the Bamboo Courtyard located right outside the gym. (All levels)

~ 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. (All levels)

A lesson fee of \$55 per person applies.

Strength/Core 45

Strengthen your muscles and core through the combination of weights, bands, weighted bars and body weight movements. Healthy bones and a strong body will be the results of this class. (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 fixed gear cycle. Bikes are clip accessible. Please call ext. 336 or 326 to reserve your spinning bike. (All levels)

Meditative 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 body-weight to increase tone and overall strength. (All levels)

Total Body Conditioning

Get a full body workout using weights, bands, TRX, fit balls and steps to achieve great results. Work out at your own pace building both your cardio conditioning and strength at the same time. This is a great fat burning class. (All levels)

Paddle Board Yoga:

Enjoy the art of performing yoga while on a paddle board. This sport combines various yoga poses, breath and the beautiful outdoors all in one experience. Practitioners can begin by moving through a sequence of yoga postures while standing on a specially designed stand up paddle board. Note: people over 6' tall or 250 pounds will need to inform the spa desk as we provide a longer board for more stability.

***\$55 class fee. Please register by 7pm the night before.**

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)**

Aerial Yoga (New): 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!