

# Fitness & activities schedule

## November Resort 2018

### MONDAY

7:00 am	F.I.T. Boot Camp 45	Kay
8:00 am	*TRX Suspension 45	Danny
9:00 am	~Tennis Clinic	
11:30 am	Flow Yoga (all levels)	Jason
12:45 pm	*Pilates Reformer	Kay

### TUESDAY

6:00 am	Cardio Sculpt 45	Patti
7:00 am	*Indoor Cycling	Kay
9:00 am	~Tennis Clinic	
9:30 am	Meditative Stretch	Beri
12:00 pm	*Pilates Reformer	Ulyssa
1:15 pm	Flow Yoga	Patti
5:15 pm	Indoor Cycle & Abs	Kathy

### WEDNESDAY

6:00 am	*Pilates Reformer 45	Kay
7:00 am	Foam Rolling	Tim
8:00 am	Cardio/Sculpt 45	Kathy
9:00 am	~Tennis Clinic	
11:30 am	*Pilates Reformer	Vanessa
12:45 pm	Restorative Yoga	Jason/Keryl
5:15 pm	*TRX Suspension	Danny

### THURSDAY

6:00 am	Cardio Sculpt 45	Kathy
7:00 am	*Indoor Cycling	Kathy
8:15 am	*TRX Suspension	Kay
9:00 am	~Tennis Clinic	
9:30 am	Meditative Stretch	Beri
12:00 pm	*Pilates Reformer	Ulyssa
1:15 pm	Hatha Yoga	Jason
5:15 pm	Pilates Reformer	Vanessa

### FRIDAY

7:00 am	Sunrise Yoga	Jason
8:00 am	**Bike & Hike	Steve
8:00 am	F.I.T. Boot Camp 45	Kay
9:00 am	~Tennis Clinic	
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
8:00 am	**Bike & Hike	Steve
8:15 am	Cardio/Sculpt 45	Kathy
9:00 am	~Tennis Clinic	
11:45 am	*Pilates Reformer	Vanessa
1:00 pm	Hatha Yoga	Keryl
2:30 pm	**Aerial Yoga	Carlee

### SUNDAY

7:00 am	Tai Chi	Patrick
8:15 am	*Pilates Reformer	Vanessa
9:00 am	~Tennis Clinic	
9:30 am	**Aerial Yoga	Carlee
10:45 am	Flow Yoga (beg/int)	Jason/Keryl
1:15 pm	Yoga Nidra	Taffy
2:30 pm	*TRX Suspension 45	Hannah

\* \$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 per request only: \$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.

**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)**

**~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 \$55 per person applies.**

**\*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)**

**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 class.**

**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.

**\*\*Bike & Hike (Camelback Mountain):** Bike to Camelback Mountain and Climb/Hike. Hike: Intermediate groups will hike scenic "Cholla" trail. 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. **\$30 fee per person applies.**

**Cardio/Sculpt 45:** This 30 minute 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 in 30 minutes. **(all levels)**

**F.I.T. Boot Camp 45:** 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 physic. **(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.

**Yoga Nidra:** a guided sleep-based meditation technique that is done lying down. This powerful practice has the ability to slow down the mind's thinking process and therefore release stress and toxins from the body naturally. Because Nidra is among the deepest possible states of relaxation while still maintaining full consciousness, it creates a supercharged feeling of connection and well-being in the physical body as well as the mental and emotional states. The yoga Nidra class begins with light yoga postures and easy breathing techniques. The hardest thing you will have to do is not fall asleep.

**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!