

# Fitness & Activities Schedule

## December Resort Schedule - 2021

### MONDAY

7:00 am	Outdoor Fit Camp	Jason
7:00 am	TRX Suspension	Danny
8:00 am	Sunrise Yoga (spa lawn)	Jason
8:15 am	Restorative Yoga	Danny
11:00 am	Water Fitness	Grayson
1:00 pm	Pilates Reformer (beg/int)	Kay
2:15 pm	Pilates Reformer (adv)	Kay
5:30 pm	Slow Flow Yoga	Annamarie

### TUESDAY

7:00 am	Indoor Cycling	Kathy
8:30 am	Meditative Stretch	Beri
1:00 pm	Pilates Reformer (beg/int)	Kathy
2:15 pm	TRX Pilates	Kathy
5:30 pm	Cardio Sculpt	Patti

### WEDNESDAY

7:00 am	Outdoor Fit Camp	Jason
7:00 am	TRX Suspension	Danny
8:00 am	Sunrise Yoga (spa lawn)	Jason
10:00 am	Pilates Reformer (beg/int)	Abby
11:00 am	Water Fitness	Grayson
1:00 pm	Restorative Yoga	Danny
2:30 pm	Cardio Sculpt	Billy
5:30 pm	Pilates Reformer	Jessica

### THURSDAY

7:00 am	Indoor Cycling	Billy
8:30 am	Meditative Stretch	Beri
1:00 pm	Pilates Reformer (beg/int)	Kathy
2:15 pm	TRX Pilates	Kathy
		Kalla

### FRIDAY

7:00 am	Cardio Sculpt	Kathy
8:00 am	Outdoor Fit Camp	Billy
8:00 am	**Bike & Hike	Steve
8:30 am	Flow Yoga (all levels)	Jason
1:00 pm	Core Yoga	Danny

### SATURDAY

7:00 am	20/20/20 Workout	Kathy
8:00 am	**Bike & Hike	Steve
8:00 am	Outdoor Fit Camp	Billy
8:30 am	Power Walk	Jason
8:30 am	Aerial Yoga	Carlee
10:00 am	Pilates Reformer (beg/int)	Abby
11:00 am	Water Fitness	Kathy
11:30 am	Restorative Yoga	Keryl
2:30 pm	Pilates Reformer (beg/int)	Kay

### SUNDAY

7:00 am	Tai Chi	Patrick
8:30 am	Power Walk	Jason
8:30 am	Aerial Yoga	Carlee
10:00 am	Outdoor Cycling	Kay
10:00 am	Flow Yoga (all levels)	Keryl
1:00 pm	Sound Meditation	Jeanette

Booking available on Mywellness app

\*\*Paddleboard Yoga: \$55

\*\*Bike & Hike: \$45 fee

Personal training and private classes available by appointment.

Class descriptions on reverse.

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

Indoor Pilates Reformer: 6

TRX: 8

TRX Pilates: 4

Indoor /Outdoor Cycle: 4

Aerial Yoga: 6

Water Fitness: 6

Bike & Hike: 5

All Other Classes: 8

During this time we ask that you please honor the social distancing guidelines.

Masks are recommended in the gym and indoor fitness classes.

Socks are required for all Pilates Reformer classes.

Please note there is a 24 hour cancellation policy for

# 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 cycle, 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)**

**TRX Pilates:** This combination of TRX Suspension Training focuses on building strength around the body's core. Using elements of Pilates with TRX based exercises creates a cutting-edge workout that builds both length and strength. TRX Pilates is an open level class that offers a serious core challenge while focusing on form and alignment. **(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.

**Life Stretch:** A functional mobility class focused on rhythmic fascia stretching which aids in flexibility and flow of body & mind. Breath focused stretching of connective tissue allows for a deeper functional improvement in movement.

**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.**

**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.

**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:** 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