

# SPA Fitness Class Schedule

Monday 9/9	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13	Saturday 9/14	Sunday 9/15
7:30am-8:30am TOTAL BODY CONDITIONING Julie	7:30am-8:30am TOTAL BODY WORKOUT Jason		7:30am-8:30am TOTAL BODY WORKOUT Shannon	7:30am-8:30am TOTAL BODY WORKOUT Jason		7:30am-7:50am HIIT WORKOUT Jason
8:45am-9:45am CORE CONDITIONING Julie	8:45am-9:45am CORE CONDITIONING Jason	9:00am-9:45am <b>**TRX®SUSPENSION TRAINING SMALL GROUP</b> Nancy	8:45am-9:45am CORE CONDITIONING Linda	8:45am-9:45am CORE CONDITIONING & FLEXIBILITY Jason	9:00am-9:45am <b>**TRX®SUSPENSION TRAINING SMALL GROUP</b> Nancy	8:00am-9:00am TOTAL BODY WORKOUT Jason
10:00am-10:45am <b>**TRX®SUSPENSION TRAINING SMALL GROUP</b> Julie	10:00am-10:45am <b>**TRX®SUSPENSION TRAINING SMALL GROUP</b> Shannon	10:00am-10:45am <b>**TRX®SUSPENSION TRAINING SMALL GROUP</b> Nancy	10:00am-10:45am <b>**TRX®SUSPENSION TRAINING SMALL GROUP</b> Linda	10:00am-10:45am TOTAL BODY WORKOUT Jason	10:00am-10:45am <b>**TRX®SUSPENSION TRAINING SMALL GROUP</b> Nancy	9:15am-10:00am CORE CONDITIONING & FLEXIBILITY Jason
11:00am-11:30am EXPRESS PILATES Julie	1:30pm-2:30pm FELDENKRAIS® METHOD Meredith			11:00am-11:45am SENIOR FITNESS FOR LIFE Jason	11:00am-11:45am <b>**TRX®SUSPENSION TRAINING SMALL GROUP</b> Nancy	2:00pm-3:15pm YIN RESTORATIVE YOGA Amy
	3:00pm-3:45pm WaterFIT Nancy		3:00pm-3:45pm WaterFIT Nancy		12:00pm-12:45pm Water FIT Nancy	
4:00pm-4:45pm TOTAL BODY WORKOUT Shannon	5:00pm-6:15pm HATHA YOGA Lisa	4:00pm-4:45pm <b>**TRX®SUSPENSION TRAINING SMALL GROUP</b> Shannon	5:00pm-6:15pm HATHA YOGA Lisa		<b>**TRX®SMALL GROUP TRAINING</b> Space is limited. Call 707-257-5555 to reserve your space. Reservations accepted one day in advance.	
5:15pm-6:30pm HATHA YOGA Amy				<b>SPA HOURS</b> <b>6:00am-8:00pm</b>	Access to Fitness Center/classes for 16 years and older.	<b><i>Please call the Spa to confirm the classes as they are subject to change 707-257-5555</i></b>

# Fitness Class Descriptions

**CORE CONDITIONING/STRENGTH** The core is the body's center of power. Core muscles are responsible for protecting your low back, stabilizing your spine, maintaining good posture, and even help your balance. Train your deep abdominal muscles, stabilize your lower back, and improve flexibility.

**EASY DOES IT!** – Exercise does not need to be strenuous to be effective. Join us for a total body workout including strength, cardio, balance, and flexibility.

**FELDENKRAIS METHOD®**– By moving slowly and deliberately, you will give your brain a chance to focus on the muscle to give you a lifetime of comfort and flexibility. The Feldenkrais Method® incorporates communication between the central nervous system and the muscle being used. The class awakens your freedom to sense and move your body deliberately, freely, and naturally. [https://en.wikipedia.org/wiki/Feldenkrais\\_Method](https://en.wikipedia.org/wiki/Feldenkrais_Method)

**HIIT** - High Intensity Interval Training – Do you feel like you don't have the time to workout! This class is for you. 20 minutes of high intensity interval training to boost that calorie burn. This training technique includes quick, intense bursts of exercise followed by a short sometimes active recovery period.

**PILATES** – Pilates focuses on the core postural muscles which help keep the body balanced and which are essential for good posture. Good posture exists because of strong abdominal and back muscles. Pilates exercises teach awareness of breath and aim to strengthen the deep torso muscles. All classes are mat classes. Benefits: Increase muscle strength, joint mobility, flexibility, and balance. Develop long lean muscles. Improve body alignment by balancing muscles.

**TOTAL BODY WORKOUT** Cardio, Sculpt, Core, & Stretch are included in this full body workout. See what surprises your instructor has for your workout today!

**TRX®Suspension Training** – Want to build strength, flexibility, balance, and core simultaneously? Suspension training takes advantage of your body weight and gravity for an effective total body workout. Small group and personal training is available. **Space is limited. SMALL GROUP TRAINING** - Limit to 5 students. Call 707-257-5555 to reserve your space. Reservations accepted 1 DAY in advance.

**SENIOR FITNESS FOR LIFE** - Make health and exercise a lifelong priority. Class is designed specifically for the senior. Exercise can help you accomplish daily tasks and recreation activities with increased energy and minimized discomfort. Improve your strength, flexibility, endurance and balance.

**WaterFIT** – Want a refreshing change from your land workout? We turn the pool into a liquid gym and blend safe, effective workouts with FUN! Some great features of water exercise are that the abdominals and core muscles are constantly engaged, joints are supported due to the buoyancy of the water, and you don't have to be a swimmer or get your hair wet! Water is a NO sweat workout. Water exercise classes can provide excellent cardiovascular conditioning as well as a strength workout for all fitness levels. (seasonal)

**YOGA** - Because of the small class size, all levels are welcome. The word yoga actually means union, as it symbolizes the union of mind, body, and spirit. Yoga is an ancient discipline in which the practice of postures enhances flexibility, strength, and inner awareness. **VINYASA YOGA or YOGA FLOW** synchronizes each movement to the breath. There is a series of postures linking movement that will open and cleanse your body, strengthen & lengthen your muscles, increase flexibility, and improve the connection of mind, body, & spirit. The teacher will instruct you to move from one pose to the next on the inhale or exhale. All levels are welcome to participate. Modifications will be explained. **HATHA YOGA** - Hatha yoga, while slow-paced, is by no means a gentle practice. Hatha yoga is a path toward a balance of strength and flexibility, while experiencing effort and ease in each pose. If practiced regularly, it will improve posture, increase strength, flexibility, mobility, and balance, while reducing stress and allowing the body to age gracefully. Our practice ends with Shavasana, to allow the body to relax and release tension and stress.

**YIN RESTORATIVE YOGA** is a quiet and contemplative practice where we hold a series of seated and reclined poses for a longer period of time (usually 3-8 minutes) in order to deepen into our joints, ligaments, connective tissue, and fascia. Each pose becomes a journey where we deepen into a felt sense of our bodies and bring stillness to our minds. Many of the poses are supported by blankets, blocks, and bolsters. Students will leave feeling relaxed, refreshed, and renewed with greater flexibility and increased spaciousness in the body Music will be played in this class. Healing hands and essential oils are used

**Qi GONG** This class focuses on gentle mindful movement exercises to restore health, increased energy, balance, and improve mood and overall well being.

**Personal Training sessions** – Nothing is more essential than your health. If you are ready to make a commitment to yourself, our Wellness Coaches can lead the way. Take the time to do something for yourself. Look Better...Feel Better! 30 MINUTES - \$60.00; 45 MINUTES - \$75.00; 60 MINUTES - \$85.00

• **PRIVATE Group SESSIONS** are available upon request for groups of 10 or less. Call our Group Coordinator, Heather Lopez at 707-257-5540 or [heather.lopez@silveradoresort.com](mailto:heather.lopez@silveradoresort.com) for pricing.