

OCT-DEC 2022

FITNESS CLASSES

MONDAY

- 7:30AM TRX Fusion **AT** Debbie
- 8:00AM Yoga / Meditation 90 MIN **FS** Susan
- 8:30AM Aqua Fit **SB** Debbie
- 9:30AM Pilates HIIT **FS** Autumn
- 10:30AM TRX Bootcamp **AT** Autumn

TUESDAY

- 7:00AM Total Body Sculpt **FS** Vera
- 8:00AM Yoga / Meditation 90 MIN **FS** Stacy
- 8:00AM Spin **FS** Vera
- 9:30AM Aerial Yoga **AT** Leanna
- 10:30AM Barre BURN **FS** Leanna
- 6:00PM Strength Training **FS** Autumn
- 6:00PM Yin Yoga **AT** Susan

WEDNESDAY

- 7:30AM TRX Fusion **AT** Debbie
- 8:00AM Yoga Flow / Meditation 90 MIN **FS** Susan
- 8:30AM Aqua Fit **SB** Debbie
- 9:30AM Pilates HIIT **FS** Autumn
- 10:30AM TRX Bootcamp **AT** Autumn
- 4:00PM Step-n-Strength **FS** Debbie

THURSDAY

- 7:00AM Circuit Training **FS** Debbie
- 7:00AM Yoga / Meditation 90 MIN **AT** Susan
- 8:00AM Ride & Define **FS** Debbie
- 9:00AM Aerial Yoga **AT** Debbie
- 10:30AM Barre BURN **FS** Leanna
- 5:30PM Strength Training **FS** Vera

FRIDAY

- 7:30AM Tabata/Stretch **FS** Debbie
- 8:00AM Deep Yoga Stretch **AT** Rasoul
- 8:30AM Aqua Fit* **SP** Debbie
- 9:00AM Mat Pilates **FS** Rasoul
- 10:30AM Aerial Yoga **AT** Debbie

SATURDAY

- 7:30AM Spin **FS** Vera
- 8:00AM Hatha Yoga **AT** Gloria
- 8:30AM Strength Training **FS** Vera
- 9:00AM Yoga Nidra 30 MIN **AT** Gloria
- 9:30AM Aerial Yoga **AT** Staff

SUNDAY

- 8:00AM Tai Chi **FS** Rasoul
- 9:00AM Gentle Yoga **AT** Rasoul
- 9:00AM Bosu Fitness **FS** Abdelhak
- 10:00AM Aerial Yoga **AT** Abdelhak

LOCATION KEY:

- AT** ATRIUM
- FS** FITNESS STUDIO
- SB** SUNSET BEACH & OVERLOOK
- SP** SPA ROOFTOP POOL
- MB** MIND/BODY
- SL** SPA LOBBY

* Spa Guest & Members Only

LIVE IT WELL

60 MIN Personal Training Sessions available for \$89,
and 30 MIN Assisted Stretch available for \$75.

Please call Spa Reservations at **480.585.2732**
to reserve your class as space is limited.

Fitness schedule may vary. Check with the spa for details.

CLASS DESCRIPTIONS

AERIAL YOGA | Utilizing a fabric hammock suspended from the ceiling, this unique yoga practice allows you to overcome gravity as you glide and release into each pose safely.

AQUA FITNESS | (Complimentary to all Hotel/Spa guests) at the Sunset Beach Pool. A low-impact workout, water-resistive toning coupled with Aerobic maneuvers. Wear swimwear. For all levels, weather permitting.

BARRE BURN | Techniques of Pilates, yoga, upper- and lower-body strengthening and lengthening, utilizing the Bender ball, bands and light weights. Exercises are designed to tighten and tone muscles without adding bulk to create balance, good posture and flexibility.

BOOT CAMP | Bodyweight exercises, interval training, functional movements and agility drills. Different equipment used to challenge, inspire and motivate participants while offering modifications to accommodate all levels of fitness.

BOSU FITNESS | An effective muscle-building, balance and cardio workout focused on using the Bosu ball.

DEEP YOGA STRETCH | A very gentle stretch and Yin yoga class, consisting of postures on the floor that are held for an extended period of time (which helps improve flexibility). Props may be used such as blocks and straps.

GENTLE YOGA | A slow-paced practice combining gentle yoga poses, breath work, strengthening and stretching the entire body through flowing sequences and held postures. This class is an invitation to relax, unwind and de-stress.

HATHA YOGA | A balanced yoga practice that uses slow movements and focuses on proper alignment and breathing.

HIIT PILATES | Combining the fundamentals of mat Pilates with high-intensity intervals that will challenge your core, flexibility and strength.

MAT PILATES | A traditional mat class designed to introduce the basic Principles of Joseph Pilates. Exercises to strengthen and lengthen, improving the posture and core powerhouse.

RIDE & DEFINE | Exhilarating cardiovascular Spin class involving various cycle drills! Intervals of cycling and off the bike exercises will help you get the most out of your workout!

SPIN | An exhilarating cardiovascular spin class, involving various cycle drills.

STRENGTH TRAINING | Improve muscular strength, endurance and cardiovascular fitness using a variety of equipment to create a well-rounded workout experience.

STEP-N-STRENGTH | A total body strength and conditioning class utilizing the Reebok Step, Dumbbells' and Resistance Bands.

TAI CHI | A series of gentle physical exercises & stretches. Each posture flows into the next promoting serenity through gentle movements.

TABATA / STRETCH | 20 second intervals of high intensity exercises followed by 10 seconds of rest, total workout 25 minutes, finishing with 15 minutes of stretching!

TOTAL BODY SCULPT | A great way to define, sculpt and build lean muscle. Focuses on intense isolation exercises with free weights and resistant bands.

TRX FUSION | Suspension workout designed to build strength, flexibility and endurance while strengthening your core.

WELLFIT CIRCUIT | Challenging advanced full-body circuit workout with multiple styles that will benefit your total fitness levels and test your limits.

YIN YOGA | This slow-pace meditative style of yoga is designed to improve your range of motion by holding static stretches. Focuses on connective tissue, increasing circulation and joint flexibility.

YOGA NIDRA (30 MIN) | A form of guided meditation done lying down on your mat. It's uniquely challenging emphasis on extended stillness, silence and resting the body to exercise the mind.

YOGA / MEDITATION (90 MIN) | This class is the perfect combination of breath, movement and deep relaxation.