



Activity Schedule for November 2009

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-6:50 a.m.		Indoor Cycling (Karen B.)		Indoor Cycling (Karen B.)		Indoor Cycling (Karen B.)	
7-7:50 a.m.		Da Vinci TBC (Tabitha) Sunrise Yoga (Karen)	Indoor Cycling (Karen B)	Da Vinci TBC (Dolores)	Indoor Cycling (Tabitha)	Da Vinci TBC (Dolores) Sunrise Yoga (Karen)	Sunrise Yoga (Karen)
8-8:50 a.m.	Sonoran Stretch (Rotation)	Sonoran Stretch (Tabitha) Tai Chi (Willie)	Sonoran Stretch (Kathy M.) Golf Stretch & Conditioning (Judy)	Deep Stretch/ Meditation (Suzy C.)	Sonoran Stretch (Kathy M.) Golf Stretch & Conditioning (Judy)	Sonoran Stretch (Kathy M.) Golden Door Power Walk (Dolores)	Sonoran Stretch (Dolores) Davinci Dance Fusion (Suzy C.)
9-9:50 a.m.	Da Vinci TBC (Rotation) Flow Yoga (Tamara)	Intro to Bosu (Tabitha)	Mind & Muscle (Kathy M.) Feldenkrais (Suzanne)	Cardio Interval (Geri)	Mind & Muscle (Kathy M.) Feldenkrais (Suzanne)	Cardio Interval (Geri) Tai Chi (Willie)	20/20 Fusion (Dolores) Tai Chi (Willie)
10-11:20 a.m.	Restorative Yoga (Tamara)	Flow Yoga (Susie H.)	Yin/Yang Yoga (Jill)	Flow Yoga (Susie H.)	Yin/Yang Yoga (Jill)	Gentle Yoga (Kathy M.)	
10-10:50 a.m.	Mat Pilates (Kathy L.) Golden Door Power Walk (Rotation)	Zumba (Kathy L.)		Da Vinci TBC (Geri)		Da Vinci TBC (Geri)	Advanced Yoga (Jill) Golden Door Power Walk (Dolores) Mat Pilates (Kathy L.)
11-11:50 a.m.	Gyrokinesis (Kathy L)	Water Fitness (Kathy L.)	Water Fitness (Dolores) Kung Fu Fitness (Randi)	Zumba (Kathy M.)	Water Fitness (Dolores) Kung Fu Fitness (Randi)	Water Fitness (Geri)	Water Fitness (Dolores) Labyrinth Meditation (Karen J.) All Level Yoga (11:00-12:20) (Jill)
12-12:50			All Levels Yoga (Jill)		All Levels Yoga (Jill)		
1-1:50 p.m.		Gyrokinesis (Kathy L)					Nutrition Lecture (Karen J.)
4-4:50 p.m.			Mat Pilates (Karen N)	Basic Yoga (Tamara)		Zumba (Kathy M.)	
5-5:50 p.m.		Hatha Yoga (Jill)		Restorative Yoga (Tamara)	Spin-Yo-Lates (Vera)	Hatha Yoga (Katie)	
6-6:50 p.m.			20/20 Fusion (Karen B.)		Boot Camp (Vera)		



Activities Description

November 2009



ADVANCED YOGA ^{YS} (□)

A vigorous workout for the experienced yoga practitioner or athlete. Emphasizing movement, strength and focus; a high intensity flow sequence combined with advanced postures provides for an exhilarating 50 minute class.

ALL LEVEL YOGA ^{YS} (▽)

All Level Yoga is designed for students of all ages and abilities. The postures are adjusted to accommodate individual needs.

BASIC YOGA ^{YS} (▽)

For those new to yoga, this basic class helps set a foundation for the yoga postures and the energetic flow in the body.

BOOT CAMP (▽)

Get physical with Boot Camp strategies and drills designed to increase strength, core, power, stabilization and flexibility into a functional fitness program for a high energy dynamic workout.

CARDIO INTERVAL (▽)

No fancy choreography, just pure calorie burn. This class combines cardio intervals with upper body toning for strength and endurance.

DA VINCI DANCE FUSION (▽)

Integrates concepts and movements of Eastern and Western traditions in a low-impact cardiovascular class. Benefits include endurance, strength, and improved balance as well as self-discovery and inner awareness. No experience necessary.

DA VINCI TOTAL BODY CONDITIONING (▽)

Using resistance bands, body bars, handheld weights and fitballs, you will tone and sculpt your major muscle groups in this energetic class. Stretching is included to complete this total body workout.

DEEP STRETCH/MEDITATION (▽)

A meditative class that allows you to let go of tension and resistance in the body while being supported by a wall, blankets or bolsters designed to improve circulation, restore energy and deeply stretch muscles.

FLOW YOGA ^{YS} (▽)

The gentle continuous flow of Asana poses incorporates breath, movement, and meditation. A basic knowledge of yoga postures is recommended for this class.

20/20 FUSION (▽)

This class fuses 20-minutes of indoor cycling with 20-minutes of core and upper body conditioning for a dynamic workout followed by a cool-down and stretch.

GENTLE YOGA ^{YS} (▽)

Focus on breath, flexibility, and stability of the body and mind. This class is especially suitable for beginners and those with joint issues.

GOLF STRETCH & CONDITIONING (▽)

Functional integration of core muscles incorporating balance, flexibility, dynamic stretching and body awareness.

GOLDEN DOOR POWER WALK (▽)

This metabolism-boosting walk gives you the cardio respiratory benefits of speed-walking in a serene desert estate setting.

HATHA YOGA ^{YS} (▽)

Rejuvenate your spirit at the end of the day with this all level yoga class. Postures are chosen to relieve stress, increase energy flow and restore mind/body balance.

INDOOR CYCLING (□)

Cycle within your optimal heart rate zone to improve your Basal Metabolic Rate. Have fun as you burn calories. A great workout for beginners as well as advanced cyclists.

MIND & MUSCLE (▽)

This 50-minute systemic workout combines upper body strength with lower body movements to provide maximum fat-burn -designed for all fitness levels.

MAT PILATES (▽)

A method of body conditioning focusing on core muscle strength, flexibility, stretch, and body alignment.

NUTRITION LECTURE**

Each weekly lecture focuses on a specific subject related to nutrition including; Nutrition and Your Health, Detoxification, Pre-diabetes, Sports Nutrition, Bone-health and Osteoporosis and others, Please check at the Front Desk for a list of the weekly topics.

RESTORATIVE YOGA ^{YS} (▽)

A still practice consisting of a series of supported yoga postures designed to encourage subtle openings, a quiet mind, and total relaxation. May include pranayama and/or meditation.

SONORAN STRETCH ^{YS} (▽)

A combination of static and rhythmic movements designed to increase flexibility and stability for improved range of motion.

SPIN-YO-LATES (▽)

Enjoy Cardio, Pilates, and basic Yoga poses. This class begins with cycling for a great cardio burn, then moves to the floor for Pilates core workout and ends with relaxing Yoga poses.

SUNRISE YOGA ^{YS} (▽)

Enliven your day with Sun Salutations in this basic yoga class. Improve body awareness, flexibility and strength fusing mind, body and spirit.

TAI CHI (▽)

Classical Tai Chi with attention to form which promotes circulation of vital life-force energy, reduces stress, and promotes harmony within the body.

WATER FITNESS (▽)

A great water workout for all fitness levels in the open-air Spa pool, this class emphasizes cardiovascular fitness, toning and flexibility with the use of dumbbells and noodles. Sunglasses, hat, and sunscreen are recommended.

YIN/YANG YOGA (▽)

Using yin and yang energy to provide a balanced practice, this class seamlessly integrates traditional flow yoga postures with deep stretching and relaxation postures. The combination increases strength, mobility, and circulation while cultivating patience, and flexibility.

ZUMBA (▽)

Zumba is a fusion of Latin and International motivating music combined with unique dance and fitness moves. The fast and slow rhythms of the intervals burns calories while the sculpting movements tone and shape your body. This class takes the work out of working out.

Class Keys

▽ **All Level:** If you have been inactive for a year or more, if you are new to fitness, if you are occasionally active and have decided to get started in a group exercise program. The instructors will provide guidance for all participant levels in these classes.

□ **Advanced:** If you have been participating in group exercise for some time and are proficient in performance.

^{YS} Yoga Studio

** Lecture is held in the Learning Center

Hours of Operation Monday through Sunday

Fitness Center - 5:30am - 7:30pm
Spa Pool and Niwas (locker rooms) -
5:30am - 6:30pm

All classes and lectures are complimentary and are 50 minutes in length, unless otherwise noted. Private sessions are available in Strength Training, Yoga, Pilates, and Tai Chi. Any activity can be scheduled on a private basis by calling **(480) 595-3500**.

Class equipment, e.g., pilates mats and bikes are on a first come first serve basis. Each class follows a format which includes a progressive warm-up and sequence of exercises. For your safety, classes are closed 5 minutes after their scheduled start time. Outdoor activities are assumed cancelled if lightning exists.

