



Activity Schedule for July 2009

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-7:50 a.m.		Davinci TBC (Tabitha) Sunrise Yoga (Karen)	Indoor Cycling (Tabitha)	Davinci TBC (Dolores)	Indoor Cycling (Tabitha)	Davinci TBC (Dolores) Sunrise Yoga (Karen)	Sunrise Yoga (Karen)
8-8:50 a.m.	Sonoran Stretch (Rotation)	Sonoran Stretch (Tabitha)	Sonoran Stretch (Kathy M.) Golf Stretch & Conditioning (Judy)		Sonoran Stretch (Kathy M.) Golf Stretch & Conditioning (Judy)	Sonoran Stretch (Kathy M.)	Sonoran Stretch (Dolores)
9-9:50 a.m.	Davinci TBC (Rotation)	Zumba (Kathy L.)	Mind & Muscle (Kathy M.)		Mind & Muscle (Kathy M.)		Davinci TBC (Dolores) Tai Chi (Willie)
9-10:20 a.m.	Flow Yoga (Tamara)			Cardio Strength Fusion (9-10:15) (Geri)		Cardio Strength Fusion (9-10:15) (Geri)	
10-11:20 a.m.		Flow Yoga (Susie H.)	All Level Yoga (Jill)	Flow Yoga (Susie H.)	All Level Yoga (Jill)	Gentle Yoga (Kathy M.)	
10-10:50 a.m.	Basic Mat Pilates (Rotation)						Advanced Yoga (Jill)
10:30-11:50 a.m.	Restorative Yoga (Tamara)						
11-11:50 a.m.		Water Fitness (Kathy L.)	Water Fitness (Dolores)	Zumba (Kathy M.)	Water Fitness (Dolores)	Water Fitness (Geri)	Water Fitness (Dolores) All Level Yoga (11:00-12:20) (Jill)
12:00-12:50							
4-4:50 p.m.				Basic Yoga (Tamara)		Zumba (Kathy M.)	
4:30-5:20 p.m.		Executive Yoga (Jill)				Executive Yoga (Katie)	
5-5:50 p.m.				Restorative Yoga (Tamara)			



Activities Description

July 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.

DAVINCI 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.

EXECUTIVE 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.

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.

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.

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.

CARDIO STRENGTH FUSION (□)

This 75-minute total body workout alternates intervals of cardio exercise with strength training, using steps, body bars, weights, tubes and pilates circles.

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.

BASIC MAT PILATES (▽)

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

RESTORATIVE YOGA ^{YS} (▽)

Gentle, rejuvenating, relaxing yoga postures with an emphasis on Pranayama practice.

SONORAN STRETCH ^{YS} (▽)

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

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.

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

Hours of Operation Monday through Sunday 6:30 a.m. - 6:30 p.m.

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.