

# NOVEMBER 2021

## Fitness Activity Schedule at the Spa

All classes are 50 minutes unless noted.  
Masks are optional. Class size is limited.



**Sign In at the classroom.**

**\*Class takes place in the Yoga Studio**

**All other indoor classes are located in the Movement Studio.**



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		*Sonoran Stretch (Kathy)	*Sonoran Stretch (Kathy)  Indoor Cycle (Karen)	Total Body Conditioning (Kathy)	*Sonoran Stretch (Kathy)	*Sonoran Stretch (Kathy)	Indoor Cycle (Karen)
9:00am	*All Levels Yoga (Jenny) (80 min.)	*Gentle Yoga (Kathy)	Mind & Muscle (Kathy)	Zumba (Kathy)	Mind & Muscle (Kathy)	Mat Pilates (Kathy)	<b>New Time</b> *Vinyasa Yoga (Andie)
10:00 am			*Foam Roller (Kathy)	Guided Power Walk (Karen) (no class 11/24)			<b>New Time</b> *Yin Yoga (Andie) (80 min.)
10:30am	*Restorative Yoga (Jenny) (80 min.)	TRX (Kathy) *Limited Space		*Gentle Yoga (Kathy) (80 min.)	*All Level Yoga (Jenny) (80 min.)	*Gentle Yoga (Kathy) (80 min.)	
11:00		<b>New Time</b> Water Fitness (Karen)				<b>New Time</b> Water Fitness (Karen)  Tai Chi (Jake) (No Class 11/5)	



**Class Descriptions—All classes have separate sign in sheets in or at the classroom.**

**DAVINCI TBC (TOTAL BODY CONDITIONING) (Ñ)**

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

**FOAM ROLLER (Ñ)**

This class utilizes the foam roller to work on the core, stretch and roll the fascia.

**FULL FLOW YOGA (Ñ)**

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

**GENTLE YOGA (Ñ)**

Focus is on breath, releasing deeper tissues, and increasing pelvic and core strength, suitable for all levels. May include relaxation and meditation.

**GUIDED POWER WALK (Ñ to o)**

This is a guided 50 minute brisk walk through the Boulder's Resort. Meet in the lobby.

**INDOOR CYCLING (Ñ- o)**

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. This class is a high intensity, calorie burner! (LifeFitness Bikes—Clips and Straps)

**MIND & MUSCLE (Ñ)**

This 50-minute systemic cardio workout combines upper body strength with lower body movements to provide maximum fat-burn -designed for all fitness levels. **Fitness shoes are a MUST!**

**RESTORATIVE YOGA (Ñ)**

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

**SONORAN STRETCH (Ñ)** A combination of static and rhythmic movements designed to increase flexibility and stability for improved range of motion.

**TAI CHI (Ñ)**

Tai Chi strengthens the weak, raises the sick, invigorates the debilitated, & encourages the timid. For all levels. Tai chi, short for T'ai chi ch'üan or Tàijí quán, is an internal Chinese martial art practiced for both its defense training, its health benefits and meditation.

**TRX SUSPENSION TRAINING (Ñ)**

TRX Basic Training is your introduction to the fundamentals of TRX Suspension Training bodyweight exercise. The program builds strength, balance, flexibility and burns fat. You control how easy or hard you want to work. Whether you are a professional athlete or just want to get back into shape, the TRX will help you reach your fitness goals.

**Vinyasa Yoga (o)**

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.

**YIN-YOGA (Ñ)**

Appropriate for all levels, Yin Yoga focuses on the connective tissue, tendons, ligaments, bones and joints. Holding specific postures to create suppleness in these areas also allows for inner focus and stillness; a healthy balance to the rigors of daily life.

**WATER FITNESS (Ñ)**

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 (Ñ)**

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 can be a high intensity, calorie burner!

All classes and lectures are complimentary and are 50 minutes in length, unless otherwise noted. **SUBJECT TO CHANGE ANY TIME**

Private sessions are available in Strength Training, Yoga, and Pilates. Any activity can be scheduled on a private basis or private group, for a fee, by calling **480-595-3500**.

**For your safety and for the courtesy of other guests, classes are closed 5 minutes after their scheduled start time.**

**Class Keys**

- Ñ All levels:** The instructors will provide guidance for all participant levels in these classes.
- o Advanced:** If you have been participating in group exercise for some time and are proficient in performance.
- \* Yoga Studio

**Holiday Schedules will be posted**