



MARCH 2020 Activity Schedule at the Spa

**** Class located in the Yoga Studio**

All other indoor classes located in the Movement Studio

Sign In at the classroom

This Schedule is Subject to Change at Any Time



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-7:50am				Davinci TBC (Dolores)	Indoor Cycle (Karen)	Davinci TBC (Dolores)	
8:00-8:50am	**Sonoran Stretch (Dolores)	**T'ai Chi (Jake) TRX (Tabitha) (Limited Space)	**Sonoran Stretch (Kathy) CoreFit For Golf (Judy)	**Sonoran Stretch (Dolores) TRX (Kathy) (Limited Space)	**Sonoran Stretch (Kathy) CoreFit For Golf (Judy)	**Sonoran Stretch (Kathy)	**Sonoran Stretch (Dolores) TRX (Tracy) (Limited Space)
9:00-9:50am	Davinci TBC (Dolores)	**Sonoran Stretch (Tabitha) Total Body Conditioning (Karen)	Mind & Muscle (Kathy)	30/20 Training (Dolores) ** Mat Pilates Plus (Kathy)	Mind & Muscle (Kathy)	Boulder's Boot Camp (Dolores)	30/20 Training (Dolores)
9:00-10:20am	**Flow Yoga (Andie)						
9:30-10:50am							**Vinyasa Yoga (Nicole)
10:00-10:50am	Power Walk (Dolores)	Mat Pilates Plus (Kathy)	Basic Barre (Andie) **Foam Roller (Kathy)	Balance and Mobility (Dolores)	Basic Barre (Karen) **All Level Yoga (Jenny)	Buns, Legs & Tummy (Dolores)	Mat Pilates (Dolores)
10:00-11:20am		**Gentle Yoga (Suzie H)		**Gentle Yoga (Suzie H)		**Gentle Yoga (Kathy)	
10:30-11:50am	**Restorative Yoga with Live Music (Jenny)						
11:00-11:50am		STRONG By Zumba (Kathy)		Zumba (Kathy)	11:15-12:05 Water Fitness (Dolores)	11:15-12:05 Water Fitness (Dolores)	11:15-12:05 Water Fitness (Dolores)
11:00-12:20pm			**Flow Yoga (Andie)		**Stretch & Restore (Jenny) NEW		**Yin Yoga (Nicole)
12:00-12:50pm						Zumba (Kathy)	
3:00-3:50pm		Balance and Mobility (Dolores)			**3:30-4:50 Kundalini/Sound Yoga (Kim)	TRX (Kathy) (Limited Space)	
4:00-4:50 pm		Back, Core and Strength (Dolores)					



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

BACK, CORE and STRENGTH (Ñ)

Core conditioning exercises, low back strengthening moves and a deep stretch to condition the body's power house.

BALANCE & MOBILITY TRAINING (Ñ)

Improve your balance, reduce the risk of falling, increase functional strength and mobility. Core components of each class include center of gravity control, postural strategy training, gait pattern enhancement, strength and flexibility training. Have fun while learning balance skills that will allow you to live your life to the fullest. **This class is geared for those that are very deconditioned and have a fear of falling during normal activity.**

BASIC BARRE (Ñ)

This class will utilize chairs in place of the ballet bar. Exercises may be taken from ballet, Pilates and/or utilize free weights.

BOOT CAMP (Ñ)

This ultimate body work out is designed to push you outside your comfort zone. Workouts will consist of interval-based fitness including cardiovascular training, muscle condition, and plyometric training.

BUNS, LEGS & TUMMY (Ñ)

BLT uses the stability or BOSU ball, to condition your abs, sculpt your legs and shape your buns. All done with moves that are simple but challenging and easy on the joints.

COREFIT FORE GOLF (Ñ)

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

CORE FLOW YOGA^{YS} (Ñ)

This class combines a continuous flow of Asana poses that incorporate breath, movement, and meditation with core-toning movements and strengthening poses.

DAVINCI TBC (TOTAL BODY CONDITION) (Ñ)

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.

30/20 Training (Ñ)

This class fuses 30-minutes of indoor cycling with 20-minutes of core and upper body conditioning for a dynamic workout including a cool-down and stretch.

FLOW YOGA^{YS} (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.**

FOAM ROLLER^{YS} (Ñ)

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

GENTLE YOGA^{YS} (Ñ)

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

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!

KUNDALINI YOGA (Ñ)

An uplifting blend of spiritual and physical practices, Kundalini Yoga incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras.

MAT PILATES (Ñ)

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

MAT PILATES PLUS Uses foam rollers, magic circles and bands which enhance the exercises of the Pilates Mat Class. **(Ñ to o)**

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!**

POWER WALK (Ñ to o)

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

RESTORATIVE YOGA^{YS} (Ñ)

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

SONORAN STRETCH^{YS} (Ñ)

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

STRETCH AND RESTORE^{YS} (Ñ)

A combination of gentle yoga based movements to help restore and relax your mind and body.

STRONG by Zumba (o)

Music -led HIIT Workout. Combines High Intensity Interval Training with the science of synced music motivation. Music and moves sync perfectly to push you beyond your limits. Not appropriate for people with knee issues. Not for the unfit.

TRX SUSPENSION TRAINING (Ñ)

TRX Basic Training is your introduction to the fundamentals of TRX Suspension Training body-weight 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. **LIMITED SPACES**

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.

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.

VINYASA YOGA^{YS} (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.

YOGA FUSION^{YS} (Ñ)

This class is tailored to meet the needs of the participants. The class combines many types of Yoga for a fusion of work and relaxation.

YIN-YASSA^{YS} (Ñ)

An all levels class combining the deep stretch and release of yin yoga with the moving meditation of a slow vinyasa. The elements of yin and yang compliment each other perfectly in this seamlessly integrated sequence. The vinyasa provides gentle movement and neutralization after the longer holds of the yin poses, while encouraging additional circulation, achieving an optimal symbiotic balance between the two.

YIN-YOGA^{YS} (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.

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**.

Hours of Operation Open Daily 6:00am to 7:00pm

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 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.