BOULDERS
RESORT & SPA



NOVEMBER 2026

Fitness Activity Schedule at the Spa



All classes are 50 minutes unless noted.
There are two class rooms. 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.

Fitness facilities and classes are available for those 18 years and older.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am		Total Body Conditioning (Tracy)		Core & More (Gina)			
7:30 am			7:30 Basic Barre (Alyssa)				
8:00 am		*Sonoran Stretch (Kathy) Wellness Walk (Josephine)	*Sonoran Stretch (Kathy)	*Sonoran Stretch (Karen) Total Body Conditioning (Kathy)	*Sonoran Stretch (Kathy) Total Lower Body Conditioning (Gina) (no class 11/26)	*Sonoran Stretch (Kathy) All Level Yoga at the Duck Pond (Josephine)	*Sonoran Stretch (Karen) Drum Fit (Nancy) (11/14 only)
9:00 am	*All Levels Therapeutic Stretch w/live music (Jenny)		Mind & Muscle (Kathy) Tai Chi (Jake)	Zumba (Kathy) *Foam Roller (Karen)	Mind & Muscle (Kathy)	Zumba (Kathy)	Cardio Super Ignite (Karen) *All Level Yoga (Andie)
10:00 am	*Restorative w/live music (Jenny)			Water Fitness (Karen)			*Yin Yoga (Andie) Water Fitness (Karen)
10:30 am		*Gentle Yoga (Kathy) (80 min.)		*Gentle Yoga (Josephine) (80 min.)		*Gentle Yoga (Kathy) (80 min.)	
11:00 am			TRX Plus (Gina)			Tai Chi (Jake)	
12:00 noon						Mat Pilates (Kathy)	
1:00 pm						Golf Fitness (Bart)	
4:30 pm			Mat Pilates (Nancy)				

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

BASIC BARRE (Ñ)
This is a toning, body– weight lifting class. Targeting the deeper muscles in the body. This class incorporates mats, weights and various other equipment chosen by the instructor. Higher reps/lower weights.

BLT (Ñ)
A workout for the glutes, legs and abs (Buns, Legs and Tummy). Core work is included!. (Seasonal)

CORE & MORE (Ñ)
Core conditioning exercises, low back strengthening moves and a deep stretch to condition the body's power house.

CSI BOULDERS (Ñ)
Cardio Super Ignite. Ignite your muscles and raise your heart rate and oxygen levels! Cardio and some muscle/weights may be used.

Drum Fit (Ñ)
A fun, invigorating class utilizing drum sticks and fit balls to increase stamina, strength and flexibility! Great music to move to!

TBC (TOTAL BODY CONDITIONING) (Ñ)
Using resistance bands, body bars, handheld weights and fitballs, 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.

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.

GYM EQUIPMENT INSTRUCTION
Meet in the Spa Gym.

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! (SEASONAL) (**LifeFitness Bikes—Clips and Straps)**

GOLF FITNESS (Ñ- o)
-Powered by Orange Whip
Change your body. Change your ball flight. This class will focus on increasing flexibility and strength, enhance coordination, and perfect a balanced tempo within your golf swing.

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.

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 (Flow) Yoga (0) 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. (SEASONAL)

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.

WELLNESS WALK (Ñ)
Walk our Nature Path around the property with one of our Wellness Coaches and receive free health or fitness coaching while getting in your steps or light cardio. Our health coaches are well-versed in topics like weight loss, stress management, sleep hygiene, optimal nutrition, brain health, breathing techniques, balance and mobility, and much more. Scheduled walks happen in small groups or you can schedule a private walk. (SEASONAL)

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**

For a fee - Private sessions are available in Strength Training, Yoga, and Pilates. Any activity can be scheduled on a private basis or private group 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 Are Posted Separately