



SPA & FITNESS CLASSES

WINTER-SPRING SCHEDULE

FITNESS HOURS
 MONDAY - SATURDAY
 5 a.m. - 9 p.m.
 SUNDAY
 8 a.m. - 6 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m. – 9:45 a.m. BEGINNING YOGA Scot	8:20 a.m. – 9:20 a.m. FLOOR CORE & MORE Nancy	7:00 a.m. – 8:15 a.m. YIN YANG YOGA Gayle	8:20 a.m. – 9:20 a.m. R.I.P.P.E.D Amy	7:00 a.m. – 8:15 a.m. YIN YANG YOGA Gayle	7:00 a.m. – 8:15 a.m. NOMADICS Cheryl	8:00 a.m. – 9:15 a.m. YOGA FLOW 2-3 Cheryl
	9:30 a.m. – 10:30 a.m. ZUMBA Sara	8:20 a.m. – 9:20 a.m. ULTIMATE BARRE Nancy	9:30 a.m. – 10:30 a.m. ZUMBA Sara	8:20 a.m. – 9:20 a.m. PILATES MAT CLASS Cheryl	8:20 a.m. – 9:20 a.m. ULTIMATE BARRE Julia	
	10:45 a.m. – 12:00 p.m. YOGA FLOW 1-2 Scot	9:30 a.m. – 10:30 a.m. SCULPT CLASS Nancy	10:45 a.m. – 12:15 p.m. YOGA – MEDITATION Cheryl	9:30 a.m. – 10:30 a.m. BODY SCULPT CLASS Nancy	9:30 a.m. – 10:30 a.m. PILATES MAT CLASS Nancy	
	4:00 P.M. – 5:00 P.M. POWER PILATES Jenna	10:45 a.m. – 12:00 p.m. YOGA FLOW 2-3 Linda	4:00 p.m. – 5:15 p.m. GENTLE YOGA Sara	10:45 a.m. – 12:00 p.m. YOGA FLOW 1-2 Linda	10:45 – 12:00 p.m. YOGA FLOW 2-3 Scot	
		4:00 p.m. – 5:15 p.m. GENTLE YOGA Linda		2:30 p.m. – 3:30 p.m. TAI CHI/QI GONG Lyn		
		5:30 p.m. – 6:30 p.m. BODY BLAST Julia		4:00 p.m. – 5:15 p.m. GENTLE YOGA Linda		
				5:30 p.m. – 6:30 p.m. CARDIO KICK Julia		

For more information call Sedona Spa at **1.928.203.5344**

UNDERLINED CLASSES ARE INTERMEDIATE TO ADVANCED, HOWEVER ANY CLASS CAN BE MODIFIED TO SUIT YOUR INDIVIDUAL LEVEL.



CLASS DESCRIPTIONS

BEGINNING YOGA: Designed to introduce yoga to the novice, yet allows the experienced participant to move more deeply into the poses and breathing exercises.

BODY BLAST: This high-energy class will help you burn your way to a better body! Using a combination of medicine balls, fit balls, resistance bands, a variety of cardio styles and more, it is sure to keep you moving and having fun.

BODY SCULPT: Major muscle groups will be challenged in a variety of combinations using weights, bands and exercise balls. Muscle strength and endurance, increased tone and improved shape are just a few of the benefits of this fun and upbeat class.

CARDIO KICK: Kick and punch your way to cardiovascular fitness with this high-energy workout. This class also uses free weights and exercise balls to provide full body sculpting.

CORE ACCENT: Improve your posture and balance. Strengthen the abdominal wall and core with the use of stability balls and mats in this class. Open to all fitness levels.

FLOOR CORE & MORE: Your core is the key in this class. Using a combination of weights, body bars and resistance, this class will create muscle definition from head to toe. Open to all fitness levels.

GENTLE YOGA: This class is great for entry level students but also those looking for a restorative and nurturing experience. The Kripalu styled class will include breath work, open up the body and clear the energy field. Class will end with light aromatherapy and sound healing.

MORNING CIRCUIT: Various stations using bands, balls, steps and bars set to challenge strength, cardio and endurance. A solid stretch at the finish to complete your morning workout.

NOMADICS: A total body conditioning class which combines a movement series designed to reach every joint in the body; incorporates yoga, flexibility, strength and body awareness. Pilates Mat Class

PILATES MAT CLASS: A strengthening and flexibility program for toning the body which utilizes stretching to improve balance, posture and range of motion by lengthening the muscles. A mind/body connection is taught through breathing exercises.

POWER PILATES: An intense workout that incorporates the stability ball and weights for a total body conditioning class with emphasis on the core muscles. Previous Pilates experience is recommended.

R.I.P.P.E.D. A total body program utilizing free weights and body weight for resistance exercises and plyometrics, intervals and boxing for cardiovascular exercise. The movements are set to music and modifications are demonstrated for all fitness levels.

TAI QI/ QI GONG: Relaxing the body, quieting the mind and opening the heart as the primary receiver of Qi or Life. Pre-register at the Spa Desk, 1.928.282.5108. Fee: \$15 per class (this class only).* See activities schedule for additional information.

ULTIMATE BARRE WORKOUT: This class incorporates ballet barre work, core conditioning and light weights to lengthen and strengthen every muscle in your body.

YIN YANG YOGA: This eclectic yoga style changes with the season. Vinyasa power yoga to move energy during cold months and soft Hatha during spring and summer. Classes are taught by the root yoga philosophy of breathing through poses without judgment or competitive thought.

YOGA: A Hatha style class emphasizing proper body alignment with deep relaxation to release tension and develop a strong flexible body.

YOGA MEDITATION: One hour hatha yoga followed by 10 minutes of guided meditation and 20 minutes of silent meditation. Guaranteed to leave you stretched, relaxed and connected.

YOGA FLOW (Level 1-2): This class synchronizes movement with breath, building from the Sun Salutation and incorporates many standard yoga poses.

YOGA FLOW (Level 2-3): This class incorporates Sun Salutations, core strengthening, fun cardio and “play breaks” to explore the foundations of more advanced poses. Previous Yoga Flow 1-2 experience is recommended.

ZUMBA: A true waistline trimmer. A low impact, fun class featuring movements based on Latin Dance combining modern choreography proven to strengthen abdominals and improve the function of the lower back and hips. Zumba Gold is targeted for the older population.

*IF THE SCHEDULED INSTRUCTOR IS UNAVAILABLE, AN EQUALLY QUALIFIED SUBSTITUTE WILL LEAD THE SAME CLASS OR SIMILAR ACTIVITY.