



# SPA & FITNESS CLASSES

## SEASONAL SCHEDULE

**FITNESS HOURS**  
 DAILY  
 5:00 a.m. - 9:00 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:20 a.m. – 9:20 a.m. Floor Core & More Nancy	7:00 a.m. – 8:15 a.m. Yin Yang Yoga Cheryl	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 Cheryl	7:00 a.m. – 8:15 a.m. Wake Up Stretch Damian	8:00 a.m. – 9:15 a.m. Yoga Flow 1-2 Scot
	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	9:30 a.m. – 10:30 a.m. R.I.P.P.E.D. Amy
	9:30 a.m. – 10:30 a.m. Water Aerobics Nancy	9:30 a.m. – 10:30 a.m. Sculpt Class Nancy	9:30 a.m. – 10:30 a.m. Water Aerobics	9:30 a.m. – 10:30 a.m. Body Sculpt Class Nancy	9:30 a.m. – 10:30 a.m. Pilates Mat Class Nancy	
	10:45 a.m. – 12:00 p.m. Yoga Flow 1-2 Scot	10:45 a.m. – 12:00 p.m. Yoga Flow 2-3 Linda	10:45 a.m. – 12:15 p.m. Yoga – Meditation Cheryl	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. – 5:00 p.m. Power Pilates Jenna	4:00 p.m. – 5:15 p.m. Gentle Yoga Linda	4:00 p.m. – 5:15 p.m. Gentle Yoga Sara	4:00 p.m. – 5:15 p.m. Gentle Yoga Linda		
	5:30 p.m. – 6:30 p.m. Ultimate Barre Julia	5:30 p.m. – 6:30 p.m. Metabolic Mojo Amy		5:30 p.m. – 6:30 p.m. Metabolic Mojo Amy		

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

**AQUA ZUMBA:** More than just swimming, this class includes water stretching and strengthening exercises. Aqua Zumba activities provide an interesting way to cross train and add diversity to your workout.

**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.

**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.

**METABOLIC MOJO:** Circuit training group class with individualized program of timed interval exercises. The workout is designed as a fat burner and will build endurance. Each session will feature different exercises.

**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.

**PILATES SCULPT:** 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.

**WAKE UP STRETCH:** A total body conditioning class which combines a movement series designed to reach every joint in the body. This class incorporates yoga, flexibility, strength and body awareness.

**WATER AEROBICS:** Meet by the Pomerada Pool for an vigorous exercise in our salt treated water. Aerobic and strength movements are performed through the resistance of the water and allow a full range motion of the joints. This class is recommended for those seeking non-impact activity and fun in the water while getting fit. All ages are welcome. Sunscreen, hats, sunglasses and water shoes are recommended.

**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.