



# SPA & FITNESS CLASSES

**FITNESS OPEN  
DAILY  
6:30 am – 7:30 pm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM–8:15AM <b>SUNRISE YOGA</b> Michele	6:45AM-7:45AM Coming Soon Dev	7:00AM-8:15AM Coming Soon Zlata		7:00AM-8:15AM <b>SUNRISE YOGA</b> Terry		
8:30AM-9:30AM <b>CORE CLUB</b> Nancy	8:00AM-9:00AM <b>HIIT the Buns!</b> Norma	8:00AM-9:00AM <b>AQUA</b> Dana	8:00AM-9:00AM <b>HIIT the Buns!</b> Dana	8:00AM-9:00AM <b>AQUA</b> Dana		
9:45AM-10:45AM <b>MAT PILATES</b> Nancy	9:30AM-10:30AM <b>Muscle UP!</b> Nancy	8:30AM-9:30AM <b>ZUMBA</b> Norma	9:30AM-10:30AM <b>Muscle UP!</b> Nancy	8:30AM-9:30AM <b>ZUMBA</b> Norma	8:30AM-9:30AM <b>MASH UP</b> Jackie	8:30AM-9:45AM <b>SUNDAY SPECIAL</b> <b>Gentle Yoga &amp; Myofascial Release</b> Margaret
		9:45AM-10:45AM <b>BARRE</b> Dana		9:45AM-10:45AM <b>MAT PILATES</b> Dana	10:00AM-11:00AM <b>YOGA FLOW</b> Jackie	10:00AM-11:00AM <b>YOGA FLOW</b> Jackie
11:00AM-12:15PM <b>ASHTANGA YOGA</b> Susanne	11:00AM-12:15PM <b>Stretch Flow</b> <b>Deep Stretch Yoga</b> Margaret	11:00AM-12:15PM <b>ASHTANGA YOGA</b> Susanne	11:00AM-12:15PM <b>Slow Flow</b> <b>Deep Stretch Yoga</b> Margaret			
5:00PM-6:15PM <b>YOGA FLOW</b> Danielle	5:00PM-6:00PM <b>HIIT</b> Dana	5:00PM-6:15PM <b>ASHTANGA YOGA</b> Susanne	5:00PM-6:15PM <b>YOGA FLOW</b> Michele			

**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:** Enjoy vigorous exercise in our saltwater Pool. Aerobic and strength movements are performed through the resistance of the water and allow a full range of motion of the joints. 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. Meet by the pool.

**(Seasonal – April to October only)**

**ASHTANGA FOR ALL:** Practice this modern form of classical Indian yoga for cleansing and toning the body, mind and spirit. Through moving meditation the link between breath and posture creates and enhances mind-body connection and inner peace. Modifications for all levels.

**BARRE:** Class incorporates ballet barre work, core conditioning, & light weights to lengthen & strengthen every muscle in your body.

**CORE CLUB:** 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 levels of fitness.

**Gentle Yoga and Myofascial Release:** Blissful gentle moves to melt away stress and tension. Using foam rollers and other methods to soften connective tissue allowing more freedom in yoga poses.

## SUNDAY SPECIAL

**HIIT the BUNS!** : HIGH INTENSITY Interval training guaranteed to burn the buns and have some fun!

**MASHUP:** A variable intensity interval workout class (VIIT) featuring mind/body/agility/strength. Every level welcome for this FUN & CHALLENGING workout!

**MAT PILATES:** 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.

**MUSCLE UP!** : 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.

**Slow Flow Deep Stretch Yoga:** All levels welcome, flowing through poses emphasizing proper alignment. Enables all Yogis to become more aware and mindful of their body.

**SUNRISE YOGA:** Greet the day with open mind and body. Guiding beginners and providing room for the experienced yogi – start fresh for a new day!

**YOGA FLOW:** All levels included here! Designed to cultivate heat in the body linking breath with movement. Sequences involve sun salutations, standing and seated postures with deep relaxation.

**\*\*\*FOR ALL CLASSES, PLEASE CHECK IN AT THE SPA RECEPTION DESK. THANK YOU.**

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