



SPA & FITNESS CLASSES

FOR THE WEEK OF - Jan 21 – Jan 27, 2019

Instructors in red are substitutes

FITNESS OPEN
DAILY
5 a.m. – 9 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00AM-8:15AM YOGA FLOW-All Levels Julie E.		7:00AM-8:15AM YOGA FLOW-All Levels Danielle	7:00AM-8:15AM WAKE UP STRETCH Julia		
8:20AM-9:20AM FLOOR CORE & MORE Nancy	8:20AM-9:20AM RAMP UP THE BURN BARRE Julie M.	8:20AM-9:20AM R.I.P.P.E.D. Amy	8:20AM-9:20AM PILATES MAT Julie M.	8:20AM-9:20AM ULIMATE BARRE Julia	8:00AM-9:15AM YOGA FLOW 1-2 Julie M.	8:30AM-9:45AM YOGA FLOW 2-3 <u>Advanced Flow & postures</u> Danielle
9:30AM-10:30AM ZUMBA Sara	9:30AM-10:30AM BODY SCULPT Nancy	9:30AM-10:30AM ZUMBA Sara	9:30AM-10:30AM BODY SCULPT Nancy	9:30AM-10:30AM PILATES MAT Julie M.	9:30-10:30AM R.I.P.P.E.D. Amy	
10:45AM-12:00PM YOGA FLOW 1-2 Sara	10:45AM-12:00PM YOGA FLOW 1-2 Danielle	9:30AM-10:30AM MEDICAL QIGONG at the Creek meet in Spa Lobby Lyn	10:45AM-12:00PM YOGA FLOW 1-2 Linda	10:45AM-12:00PM YOGA FLOW 2-3 Sara	10:45AM-11:45AM NIA HOLISTIC FITNESS Alba	10:45AM-12:00PM YOGA FLOW-All Levels Linda
	12:15PM-1:15PM BELLYBOLLY FLOW Alba	10:45AM-12:15PM YOGA-MEDITATION Julie M.		12:15PM-1:15PM BELLYBOLLY FLOW Alba		
	4:15PM-5:15PM YOGA-All Levels Julie M.	4:00PM-5:15PM YOGA-All Levels Sara	2:30PM-3:30PM TAI CHI/QI GONG Lyn			
	5:30PM-6:30PM MOVE IT! Amy		4:00PM-5:00PM TRIBAL HIP HOP Sara			
			5:30PM-6:30PM MOVE IT! 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. (seasonal March to October only)

BELLY-BOLLY FLOW: feature exotic rhythms set to high-energy international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Belly-Bolly Party. It's easy to do, effective and totally exhilarating.

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.

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 levels of fitness.

MEDICAL QIGONG: An energizing class using Qigong Movement, visualization, and sound to improve stamina, Balance, and well-being. All levels welcome. Medical Qigong is part of Traditional Chinese Medicine.

MOVE IT! : A challenging yet simple to follow workout alternating endurance resistance exercises with short cardio intervals. Perfect for after work or instead of dinner.

NIA HOLISTIC FITNESS: Combining dance with martial arts and healing movements. This barefoot workout develops posture, balance and stability and is adaptable to all ages and abilities.

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

PILATES MAT: 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 intensive workout that incorporates the stability ball and weights for a total body conditioning class with emphasis on the core muscles.

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 levels of fitness.

TAI CHI/QI GONG: This practice relaxes the body, quiets the mind and opens the heart as the primary receiver of Chi or Life. Qi Gong uses harmonizing movements and breathing to help you relax.

TRIBAL HIP HOP: Afro beat inspired dance fitness class, empowering and challenging mix of Hip Hop, African, Caribbean rhythms to awaken the whole system!!!

RAMP UP THE BURN BARRE WORKOUT: Class incorporates ballet barre work, core conditioning, & light weights to lengthen & 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; incorporates yoga, flexibility, strength, and body awareness.

WATER AEROBICS: Enjoy vigorous exercise in our salt treated water at the Pomerada 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 – March to October only)

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.

YOGA FLOW-All Levels: Class is structured to accommodate participants who bring varied levels of yoga experience. The class synchronizes movement with breath creating a gentle rhythm, flowing from one pose into the next.

YOGA FLOW (Level 1-2): This class synchronizes movement with breath, building from the Sun Salutation, and incorporating 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.

ZUMBA: A true waistline trimmer. A 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.

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