



Activity Schedule for March 2010

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|---|---|--|--|--|---|--|
| 6:00-6:50 a.m. | | Indoor Cycling (Karen B) | | Indoor Cycling (Karen B.) | | Indoor Cycling (Karen B.) | |
| 7:00-7:50 a.m. | | Davinci TBC (Tabitha) Sunrise Yoga (Karen) | Indoor Cycling (Karen B) | Davinci TBC (Dolores) | Indoor Cycling (Tabitha) | Davinci TBC (Dolores) Sunrise Yoga (Karen) | Sunrise Yoga (Karen) Indoor Cycling (Dolores) |
| 8:00-8:50 a.m. | Sonoran Stretch (Rotation) | Sonoran Stretch (Tabitha) Tai Chi (Willie) | Sonoran Stretch (Kathy M) Golf Stretch & Conditioning (Judy R.) | Sonoran Stretch (Suzy C) Golden Door Power Walk (Dolores) | Sonoran Stretch (Kathy M) Golf Stretch & Conditioning (Judy) | Sonoran Stretch (Kathy M) Tai Chi (Willie) Golden Door Power Walk (Dolores) | Sonoran Stretch (Dolores) Back Care & Core (Suzy C.) |
| 9:00-9:50 a.m. | Davinci TBC (Rotation) | Indoor Cycling (Tabitha) Gyrokinesis (Kathy L) | Mind & Muscle (Kathy M.) Kung Fu Fitness (Randi) | Cardio Interval (Geri) Back Care & Core (Suzy C.) | Mind & Muscle (Kathy M.) Kung Fu Fitness (Randi) | Cardio Interval (Geri) | 20/20 Fusion (Dolores) Tai Chi (Willie) |
| 9:00-10:20 a.m. | Flow Yoga (Tamara) | | | | | | |
| 10:00-11:20 a.m. | | Gentle Yoga (Suzie H.) | All Levels Yoga (Jill) | Gentle Yoga (Suzie H.) | All Levels Yoga (Jill) | Gentle Yoga (Kathy M.) | |
| 10:00-10:50 a.m. | Mat Pilates (Kathy L.) Golden Door Power Walk (Rotation) | Zumba (Kathy L.) | | Davinci TBC (Geri) | | Davinci TBC (Geri) | Advanced Yoga (Jill) Golden Door Power Walk (Dolores) Mat Pilates (Kathy L.) |
| 10:30-11:50 a.m. | Restorative Yoga (Tamara) | | | | | | |
| 11:00-11:50 a.m. | Gyrokinesis (Kathy L.) | Mat Pilates (Kathy L.) | Water Fitness (Dolores) | Zumba (Kathy M) | Water Fitness (Dolores) Bosu Balance & Conditioning (Karen J) | Water Fitness (Geri) | Water Fitness (Dolores) Labyrinth Meditation 11:00-12:20 (Karen J) |
| 11:00-12:20 | | | | | | | Yin Yoga (Jill) |
| 11:30-11:50 | | | Yoga Meditation (Jill C) | | Yoga Meditation (Jill C) | | |
| 12:00- 12:50 p.m. | | | Restorative Yoga (Jen A) | | Restorative Yoga (Jen A) | | |
| 1:00- 1:50 pm | | | | | | | Nutrition Lecture (Karen) |
| 4:00- 4:50 pm | | Back Care & Core (Suzy C.) | Mat Pilates (Karen N) | Hatha Yoga (Tamara) | | Zumba (Kathy M.) | |
| 5:00-5:50 pm | | Hatha Yoga (Jill) | | Restorative Yoga (Tamara) | | Hatha Yoga (Katie) | |



Activities Description

March 2010



ADVANCED YOGA ^{YS} (□)

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.

ALL LEVEL YOGA ^{YS} (▽)

All Level Yoga is designed for students of all ages and abilities. The postures are adjusted to accommodate individual needs.

BACK CARE AND CORE (▽)

Core conditioning exercises, low back strengthening moves and a deep stretch to condition the body's power house.

BOOT CAMP (▽)

Get physical with Boot Camp strategies and drills designed to increase strength, core, power, stabilization and flexibility into a functional fitness program for a high energy dynamic workout.

BOSU BALANCE AND CONDITIONING (▽)

CARDIO INTERVAL (▽-□)

No fancy choreography, just pure calorie burn. This class combines cardio intervals with upper body toning for strength and endurance.

DAVINCI TOTAL BODY CONDITIONING (▽)

Using resistance bands, body bars, handheld weights and fitballs, you will tone and sculpt your major muscle groups in this energetic class. Stretching is included to complete this total body workout.

20/20 FUSION (▽)

This class fuses 20-minutes of indoor cycling with 20-minutes of core and upper body conditioning for a dynamic workout followed by a cool-down and stretch.

FLOW YOGA ^{YS} (▽)

The gentle continuous flow of Asana poses incorporates breath, movement, and meditation. A basic knowledge of yoga postures is recommended for this class.

GENTLE YOGA ^{YS} (▽)

Focus is on breath, releasing deeper tissues, and increasing pelvic and core strength, suitable for all levels.

GOLF STRETCH & CONDITIONING (▽)

Functional integration of core muscles incorporating balance, flexibility, dynamic stretching and body awareness.

GOLDEN DOOR POWER WALK (▽)

This metabolism-boosting walk gives you the cardio respiratory benefits of speed-walking in a serene desert estate setting.

HATHA YOGA ^{YS} (▽)

Rejuvenate your spirit at the end of the day with this all level yoga class. Postures are chosen to relieve stress, increase energy flow and restore mind/body balance.

GYROKINESIS (▽)

Gyrokinesis movements are designed to open the joints, tendons, muscles, and ligaments to a higher degree of flexibility and strength using spiral movements. Of tremendous benefit to golfers, sports enthusiasts, or for rehabilitation from surgery, this form of exercise benefits all ages and physical conditions.

INDOOR CYCLING (▽-□)

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.

KUNG FU FITNESS (▽)

Have fun and learn to move your body in new ways. Great for balance, strength, coordination and stamina! (Shaolin-Tiger form of Kung Fu)

LABRYNTH MEDITATION

This spiritual journey elicits peace, contentment, clarity and enlightenment in ones life. After a brief history of the labyrinth, you will be given time to reflect and place an intention for your meditative walk.

MIND & MUSCLE (▽)

This 50-minute systemic workout combines upper body strength with lower body movements to provide maximum fat-burn -designed for all fitness levels.

NUTRITION LECTURE**

Each weekly topic will explore a particular property of nutrition as it relates to health. Lifestyle and Weight Management, Portion Distortion, Detox Programs, Labels, Laws, Lingo, and Loopholes, and Metabolic Typing are a few of the topics that will be explored. Please check lecture schedule for details.

MAT PILATES (▽)

A method of body conditioning focusing on core muscle strength, flexibility, stretch, and body alignment.

RESTORATIVE YOGA ^{YS} (▽)

Gentle, rejuvenating, relaxing yoga postures with an emphasis on Pranayama practice.

SONORAN STRETCH ^{YS} (▽)

A combination of static and rhythmic movements designed to increase flexibility and stability for improved range of motion.

SUNRISE YOGA ^{YS} (▽)

Greet the day with a yoga warm-up flow, followed by Sun Salutation progressions in this basic yoga class. Improve body awareness, mobility, flexibility and strength with a guided focus of mind, body and spirit.

TAI CHI (▽)

Classical Tai Chi with attention to form which promotes circulation of vital life-force energy, reduces stress, and promotes harmony within the body.

WATER FITNESS (▽)

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.

YIN- YOGA ^{YS} (▽)

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.

YOGA MEDITATION ^{YS} (▽)

Find your "seat" and cultivate mental calm and clarity in our twenty minute meditation. Appropriate for both beginners and advanced practitioners.

ZUMBA (▽)

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.

Class Keys

▽ **All levels:** The instructors will provide guidance for all participant levels in these classes.

□ **Advanced:** If you have been participating in group exercise for some time and are proficient in performance.

^{YS} Yoga Studio

**Lectures are held in the Learning Center

Hours of Operation

Monday-Sunday

Fitness Center 5:30 am - 7:30 pm
Spa Pools and Niwas (locker rooms)-
5:30 am - 6:30 pm

All classes and lectures are complimentary and are 50 minutes in length, unless otherwise noted. Private sessions are available in Strength Training, Yoga, Pilates, and Tai Chi. Any activity can be scheduled on a private basis by calling (480-) 595-3500.

Class equipment, e.g., pilates mats and bikes are on a first come first serve basis. Each class follows a format which includes a progressive warm-up and sequence of exercises. For your safety, classes are closed 5 minutes after their scheduled start time. Outdoor activities are assumed cancelled if lightning exists.

