



Activity Schedule for December 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:50am		Indoor Cycling (Karen B) NEW!!!		Indoor Cycling (Karen B)		Indoor Cycling (Karen B)	
7:00-7:50 am		Davinci TBC (Tabitha) Sunrise Yoga (Karen J)	Indoor Cycling (Karen B)	Davinci TBC (Dolores)	Indoor Cycling (Tabitha)	Davinci TBC (Dolores) Sunrise Yoga (Karen J)	Sunrise Yoga (Karen J)
8:00-8:50 am	Sonoran Stretch (Rotation)	Indoor Cycling (Tabitha) Tai Chi (Willie) NEW!!!	Sonoran Stretch (Kathy M) Golf Stretch & Conditioning (Judy)	Back Care & Core (Suzy)	Sonoran Stretch (Kathy M) Golf Stretch & Conditioning (Judy)	Sonoran Stretch (Kathy M) Power Walk (Dolores) Zumba (Kathy L)	Sonoran Stretch (Dolores) Back Care & Core (Suzy R)
9:00-9:50 am	Davinci TBC (Rotation)	Sonoran Stretch (Tabitha) Stability Challenge (Suzy R)	Mind & Muscle (Kathy M) Feldenkrais (Suzanne M)	Sonoran Stretch (Suzy R)	Mind & Muscle (Kathy M) Feldenkrais (Suzanne M)	Cardio Interval (Dolores) Tai Chi (Willie) NEW!!!	20/20 Fusion (Dolores) Tai Chi (Willie)
9:00-10:20 am	Flow Yoga (Tamara)						
10:00-11:20 am		Gentle Yoga (Suzie H)		Gentle Yoga (Suzie H.)		Gentle Yoga (Kathy M.)	
10:00-10:50 am	Mat Pilates (Kathy L) Power Walk (Rotation) NEW!!!	Zumba (Kathy L)	All Levels Flow Yoga (Jill)		All Levels Flow Yoga (Jill)	Buns, Legs & Tummy (Dolores)	Advanced Yoga (Jill) Power Walk (Dolores)
10:30-11:50 am	Restorative Yoga (Tamara)						
11:00-11:50 am	Water Fitness (Kathy L)		Water Fitness (Dolores)	Zumba (Kathy M)	Water Fitness (Dolores)	Water Fitness (Dolores)	Water Fitness (Dolores)
11:00-12:20pm					Yin Yoga (Jill)		Yin Yoga (Jill)
12:00-12:50pm					Roller-Lates (Kathy M) NEW!!!		
4:00- 4:50 pm		Back Care & Core (Suzy)		Hatha Yoga (Tamara)	Spin-Yo-Lates (Vera)	Zumba (Kathy M)	
5:00-5:50 pm		Hatha Yoga (Jill)		Restorative Yoga (Tamara)	Indoor Cycling (Vera)	Hatha Yoga (Katie)	



Activities Description

December 2010



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.

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 FLOW YOGA ^{YS} (∇)

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

BACK CARE & CORE (∇)

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

BUNS, LEGS & TUMMY (∇)

BLT uses the stability or bosu ball, to condition your abs, sculpt your legs and shape your buns. All done with moves that are simple but challenging and easy on the joints.

CARDIO INTERVAL (∇)

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

DAVINCI TBC (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.

FELDENKRAIS (∇)

Learn to move with a minimum of effort and maximum efficiency. Continued use of the method can relieve pain and lead to higher standards of achievement in sports, the martial arts, dancing and other physical disciplines. The goal of Feldenkrais is to take the individual from merely functioning, to functioning well, free of pain and restriction of movement.

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.

GOLDEN DOOR POWER WALK (∇)

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

GOLF STRETCH & CONDITIONING (∇)

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

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.

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. This class is a high intensity, calorie burner!

MAT PILATES (∇)

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

MIND & MUSCLE (∇)

This 50-minute systemic cardio workout combines upper body strength with lower body movements to provide maximum fat-burn -designed for all fitness levels. **Fitness shoes are a MUST!**

RESTORATIVE YOGA ^{YS} (∇)

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

ROLLER-LATES (∇)

Use of a foam roller will enhance the exercises of the Pilates Mat Class and simulate some of the exercises done on the Reformer and Cadillac (Pilates Equipment). This class will thoroughly work your core, stability, balance, flexibility and muscle strength.

SONORAN STRETCH ^{YS} (∇)

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

SPIN-YO-LATES (□)

Enjoy Cardio, Pilates, and basic Yoga poses. This class begins with cycling for a great cardio burn, then moves to the floor for Pilates core workout and ends with relaxing Yoga poses.

STABILITY CHALLENGE (∇)

Fun and challenging functional strength exercises designed to utilize the "core" for added muscular strength, flexibility and balance training.

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.

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. This class can be a high intensity, calorie burner!

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

Hours of Operation

Monday-Sunday

Fitness Center

5:30 am - 7:30 pm

Spa Pools and Niwas (locker rooms)

5:30 am - 7:30 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 and for the courtesy of other guests, classes are closed 5 minutes after their scheduled start time.

Outdoor activities are assumed cancelled if lightning exists.

