



**WINTER FITNESS CLASS
SCHEDULE**
Effective: November 3, 2018

Monday	8:00-9:00	Yoga- (All Levels)
	9:15 - 10:15	Core Fit
	10:15 - 11:15	Cardio Barre
Tuesday	9:30 - 10:30	Core Physique
	10:30 - 11:30	Yoga (All levels)
Wednesday	8:00 - 9:00	Yoga (All levels)
	9:15 - 10:15	Core Fit
	10:15 - 11:15	Cardio Barre
Thursday	9:30 - 10:30	Core Physique
	10:30 - 11:30	Yoga (All levels)
Friday	8:00 - 9:00	Yoga- (All Levels)
	9:15-10:15	Foam Roll-Out
	10:30 - 11:30	Pilates Mat Work
Saturday	8:00-9:00	Powerwalk
	9:00 - 10:00	Zumba
	10:15 - 11:15	Ballet Barre
	11:30-12:30	Pilates Mat Work
Sunday	10:30 – 11:30	Yoga (All Levels)

*All classes are subject to cancellation or change.
*Please wear appropriate athletic footwear and clothing
(i.e. No spa sandals or bathing suits)

Winter 2018 Fitness Class Descriptions

CARDIO-BARRE: Combining Ballet and Cardio exercises, we offer you a class that will have a direct positive effect on muscular endurance, and an indirect effect on strength and flexibility. Doing plié squats, ballet jumps, and spins uses your own body weight to strengthen your core and lower body and the precise movements improve motor skills and balance as it involves static and dynamic stretching, combined with cardio fitness which increases metabolism.

CORE-FIT: Take body sculpting to the next level. Sculpt and tone your muscles from head to toe using multiple forms of fitness equipment, followed by relaxation for the mind & body and a cool down stretch.

FOAM-ROLLOUT: Join us for our foam roller exercise class has been specifically designed to improve flexibility, reduce muscular stiffness, speed up recovery, improve your flexibility, function, performance, and reduce injuries.

PILATES MAT-WORK: Combine specific movement with deliberate breathing to achieve improved body. Improves awareness, while strengthening your core.

POWERWALK: Wake up with the desert! Enjoy stunning views of the Valley while challenging your physical fitness. This 3.5 mile loop includes multiple hills that help strengthen your legs and improve your stamina. Please dress according to seasonal weather. Water is supplied and a camera is recommended.

CORE PHYSIQUE: This class includes a workout to strengthen and lengthen every muscle group and increase muscle tone which combines ballet exercises and calisthenics for a full body workout. By using a variety of equipment, like hand weights, body bar and stability ball to improve muscle definition, balance, posture and coordination. Learn how to take the time to pay extra attention to the health of your core with total body balance & stability.

YOGA (ALL LEVELS): Learn how to combine posture, breathing and meditation to improve strength, flexibility and stamina. Focuses on deep stretching of the muscles. Poses are held for an extended period of time, anywhere from 3 to 7 minutes each. You will connect to the breath while holding poses, resulting in the body loosening and opening up.

ZUMBA: The latest fitness dance craze. This class combines a fusion of Latin music with unique dance moves and combinations. It's fun, it's easy. Join the party!

BALLET BARRE: A full-body workout that will strengthen and lengthen your entire body. Utilizing the barre to isolate muscle groups, this challenging ballet-based class will increase your stamina and improve balance and posture.