



Activity Schedule for September 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-7:50 am		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)
8:00-8:50 am	Sonoran Stretch (Rotation)	Indoor Cycling (Tabitha)	Sonoran Stretch (Kathy M) Golf Stretch & Conditioning (Judy)	Sonoran Stretch (Suzy)	Sonoran Stretch (Kathy M) Golf Stretch & Conditioning (Judy)	Sonoran Stretch (Kathy M)	Sonoran Stretch (Dolores) Back Care & Core (Suzy)
9:00-9:50 am	Davinci TBC (Rotation)	Sonoran Stretch (Tabitha)	Mind & Muscle (Kathy M.)	Back Care & Core (Suzy)	Mind & Muscle (Kathy M.)	Cardio Interval (Geri)	20/20 Fusion (Dolores) Tai Chi (Willie)
9:00-10:20 am	Flow Yoga (Tamara)						
10:00-11:20 am		Gentle Yoga (Suzie H.)	All Levels Flow Yoga (Jill)	Gentle Yoga (Suzie H.)	All Levels Flow Yoga (Jill)	Gentle Yoga (Kathy M.)	
10:00-10:50 am	Mat Pilates (Kathy L.)						Advanced Yoga (Jill)
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 (Geri)	Water Fitness (Dolores)
11:00-12:20pm							Yin Yoga (Jill)
4:00- 4:50 pm		Back Care & Core (Suzy)		Hatha Yoga (Tamara)		Zumba (Kathy M)	
5:00-5:50 pm		Hatha Yoga (Jill)		Restorative Yoga (Tamara)		Hatha Yoga (Katie)	



Activities Description

September 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 AND CORE (▽)

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

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.

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.

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.

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

**Lectures are held in the Learning Center

Hours of Operation

**Monday-Sunday
Fitness Center
6:30 am - 6:30 pm**

**Spa Pools and Niwas (locker rooms)
6:30 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 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.

