

# Fitness Activities



## FITNESS SCHEDULE

### MONDAY

8:00am-9:00am Boot Camp  
9:00am-10:00am Sculpt Challenge  
5:45pm-7:00pm Organic Yoga Flow

### TUESDAY

8:45am-9:45am Pilates Mat  
6:00pm-7:00pm Pilates Reformer

### WEDNESDAY

9:00am-10:00am Boot Camp  
10:00am-11:00am Sculpt Challenge  
6:00pm-7:00pm Barre Class

### THURSDAY

8:45am-9:45am Pilates Mat  
5:45pm-7:00pm Permission to Chill

### FRIDAY

9:00am-10:00am Barre Class  
12:00pm-1:00pm Pilates Reformer

### SATURDAY

9:00am-10:15am Power Flow

### SUNDAY

9:00am-10:15am Slow Flow  
4:00pm-5:00pm Breath Work & Flow  
5:00pm-6:00pm Sound Healing

## PRICING

Single Session Class/Drop In .....	\$10
10 Class Package .....	\$80
20 Class Package .....	\$160

## CLASS DESCRIPTIONS

**PILATES MAT (60 minutes)** This workout is based on techniques developed by Joseph Pilates. The class will focus on the abdominal area, lower back, and hips to create a power center, enabling the rest of the body to move free.

**SLOW FLOW** A gentle Vinyasa paying special attention to breath and alignment. This is a great class if you are looking to recharge.

**VINYASA YOGA** Vinyasa is characterized by flowing poses and sequences that are linked to the breath. This class is diverse and sequencing will vary to challenge your strength, flexibility and power of the mind.

**POWER FLOW (75 minutes)** An active flowing (Vinyasa) style that will challenge your strength, flexibility, balance, and endurance. Be prepared to sweat and move to a blend of eclectic upbeat music while practicing vigorous and creative flows that will bring you to your edge. Options will be given in each pose so that everyone can feel challenged yet successful. All levels are welcome.

**YIN FLOW** 45 minutes of Yang (active) Vinyasa (flow) followed by 30 minutes of Yin Yoga. Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body. Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin Yoga generally targets the connective tissues of the hips, pelvis, and lower spine.

**ORGANIC YOGA FLOW** Navigate through subtleties of the energetic body through transitions, rhythm and breath. Special attention is placed on proper alignment and breathing, with a natural and safe progression of postures. An intuitive organic flow that encourages every student to explore their own uniquely perfect shapes; for all levels.

**PERMISSION TO CHILL** Come learn the benefits of the body's "rest & digest" response. Release stress, sleep better & create a new way of thinking, by essentially rewiring your brain. Come chill in supported, restorative postures & explore slow, mindful movement, pranayama & meditation.

**SOUND HEALING WITH A GUIDED MEDITATION** Sound healing and meditation is a stress-relieving, health promoting sonic journey. Join us every Sunday this April and allow the healing tones of our crystal quartz bowls guide your body and mind into a state of deep relaxation, release, balance and healing.

**BOOT CAMP** This high intensity class utilizes equipment and your body in creative combinations that will have you building strength and hit that cardiovascular red-line.

**SCULPT CHALLENGE** Enjoy the intensity of this traditional sculpt class using both equipment and your own body to challenge your body.

**BARRE CLASS** The perfect blend of classic barre muscle-strengthening blended with stretching exercises. This class is offered with modifications for all levels which makes it perfect for the new student, yet challenging for the more advanced practitioner.

**PILATES REFORMER** This total body workout on the Pilates reformer is for the traditionalist! By combining the tradition Pilates method with modern techniques, this class will define your core and sculpt your muscles. Achieve a full body workout, improved posture, flexibility, and a mind-body connection!

INFORMATION & APPOINTMENTS: 866.782.9487 or 702.617.7570 / Resort Guests: Extension 7570

Private practice available. All classes subject to change without notice. Bookings required to secure your participation.

