

Fitness Activities



FITNESS SCHEDULE

MONDAY

8:00am-9:00am Sunrise Yoga
5:45pm-7:00pm Organic Yoga Flow

TUESDAY

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

WEDNESDAY

8:00am-9:00am Sunrise Yoga
6:00pm-7:00pm Barre Class

THURSDAY

7:30am-8:30am Morning Stretch
8:45am-9:45am Pilates Mat
5:45pm-7:00pm Permission to Chill

FRIDAY

8:00am-9:00am Sunrise Yoga
9:00am-10:00am Barre Class

SATURDAY

9:00am-10:15am Power Flow
10:30am-11:30am Restorative Yoga

SUNDAY

9:00am-10:15am Slow Flow
4:00pm-5:00pm Kundalini Yoga
5:00pm-6:00pm Live Gong

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.

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.

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.

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!

SUNRISE YOGA In the yogic discipline, the morning is considered as a "divine time" and when an individual's spiritual energy is at its peak. Clarity, creativity, and peace of mind and body are benefits of a sunrise yoga practice because of fewer distractions prior to starting your day.

SUNSET YOGA Sunset yoga is designed to acclimate your body and soul to the setting sun. You will practice breathing techniques and postures suited to your individual needs. Gentle yoga postures are used in this class.

RESTORATIVE YOGA Restorative yoga focuses on the intersection of body, mind, and spirit, and the balancing of energies. The class features easy postures, the use of props, gentle meditative exercises, and relaxed breathing.

MORNING STRETCH This 'Morning Stretch' class focuses on flexibility, skeletal alignment, relaxation, and best of all, stress reduction.

KUNDALINI YOGA & MEDITATION Kundalini Yoga Classes are a dynamic blend of yoga postures, dynamic movement, breathing techniques, mantra, music and meditation which teach you the art of relaxation, self-healing and elevation.

LIVE GONG The gong is one of the oldest musical instruments in the world and vibrates at the same frequency as the body allowing for healing and creating a deep state of relaxation. The gong meditation can be used to rebalance the physical and energy bodies and is therapeutic for stress, anxiety, depression, and pain. The gong sounds and vibrations bring the mind, body, and breath into a state of calm and ease.

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.

