

Fitness Schedule

October 2022

Dial ext. 2452 for reservations

	SUN	MON	TUES	WED	THURS	FRI	SAT
8:00am	Outdoor Flow Yoga	Outdoor Flow Yoga	Yoga Walk	Outdoor Flow Yoga	Yoga Walk	Outdoor Flow Yoga	Yoga Walk
9:00am	Aqua Yoga					Aqua Yoga	AquaFIT Mat ◇
9:30am		Yin & Yang Yoga ◇	Energy Flow Yoga ◇	Yin & Yang Yoga ◇			
10:30am	Aerial Yoga ◇					OutFIT	Techno-Circuit ◇
11:00am							
4:00pm					Aerial Relax ◇	Relax Yoga ◇	Aerial Relax ◇

**Classes indicating ◇ have limited space available and reservations are required.
Check in for all classes at the spa reception desk.**

Aerial Yoga (75 min) This modern style of yoga incorporates a silk hammock hanging waist-high. It is a perfect class for experienced yogis, adding a new dimension to complement existing on-the-ground practice. Aerial Yoga is both an athletic and acrobatic class. *This is an indoor class at The Phoenixian Spa. Prior sign-up required – there is a 10 participant maximum.*

Aerial Relax (75 min) Aerial Relax Yoga is a restorative yoga that incorporates a silk hammock hanging at knee-height. The hammock gently supports and elevates different parts of your body, while the rest of the body is fully grounded on your mat. This deep meditative stretch class is providing you with new levels of therapeutic stretches and spinal releases. *This is an indoor class at The Phoenixian Spa. Prior sign-up required – there is a 10 participant maximum.*

Aqua Yoga (45 min) All levels of yoga – relax as you flow with and are supported by the element of water. *Weather Permitting*

AquaFIT Mat (45 min) Build strength, deepen flexibility and improve balance and coordination in this floating fitness class on a STAND-UP PADDLE BOARD. *Weather Permitting. Prior sign-up required – there is a 6 participant maximum.*

Energy Flow Yoga (60 min) All levels of yoga – high intensity vinyasa flow for a powerful yet balanced practice. *This is an indoor class at The Phoenixian Spa. Prior sign-up required – there is a 10 participant maximum.*

Outdoor Flow Yoga (60 min) All levels of yoga – high intensity vinyasa flow for a powerful yet balanced practice. *Weather Permitting*

OutFIT (50 min) Use nature as the gym in this full body, outdoor fitness boot camp. *Weather Permitting*

Relax Yoga ◇ (75 min) Restorative/Yin Yoga releases tension in the body and mind by moving into deeply-held poses. Breathe * Nurture * Restore * Relax *This is an indoor class at The Phoenixian Spa. Prior sign-up required – there is a 10 participant maximum.*

Techno-Circuit ◇ (50 min) Combine cardiovascular with our top of the line TechnoGym resistance training to enhance overall fitness. *This is an indoor class at The Phoenixian Spa. Prior sign-up required – there is a 10 participant maximum.*

Yoga Walk (50 min) Explore the beautiful Phoenixian grounds – power walking, yoga poses and meditation at idyllic spots on property. *Weather Permitting*

Yin & Yang Yoga ◇ (75 min) All levels of yoga – combine the aspects of Yin & Yang to bring overall balance. Starting with a deep healing stretch and leading into a gentle flow to release toxins. *This is an indoor class at The Phoenixian Spa. Prior sign-up required – there is a 10 participant maximum.*

Classes are complimentary with the purchase of any 50-minute spa treatment if attended on the same day.

Our Outdoor Flow Yoga and Yoga Walk (highlighted) are complimentary to Resort Guests with the resort charge. All other classes are \$20 for Resort Guests.

Classes marked with ◇ indicate limited space availability and require prior registration.

All guests please meet at The Phoenixian Spa. Classes starting prior to 9am will meet on the Resort (north) side of the Spa at the brown geode rock.

Outdoor classes are weather permitting and may be subject to cancellation. All classes may be changed or cancelled without notice. Holiday schedule subject to change. Please allow 5 minutes for check in.

The Phoenixian Spa is an adult only facility. Guests 18 years and older are welcome in all areas of the spa, including locker rooms, treatment center and rooftop pool with the purchase of any 50-minute spa treatment. ID may be required.

No guest under the age of 16 years is allowed to attend The Phoenixian Spa fitness classes. ID may be required.