

THE SPA FITNESS SCHEDULE

JULY / AUGUST 2009



CLASS TIMES

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|--------|-------------|------------------|----------|------------------|----------|--------|
| 7:00 AM | | | | | | Yoga | |
| 8:00 AM | Yoga | | Yoga | | | Big Spin | |
| 4:30 PM | | | Pilates Reformer | | Pilates Reformer | | |
| 5:00 PM | | Kick Box | | | | | |
| 5:30 PM | | | | Kick Box | Big Spin | Yoga | |
| 6:00 PM | | Abs Blaster | | | | | |

CLASS DESCRIPTION

Big Spin: Take a ride at the Red Rock. This class is geared to all levels of spin ability.

Yoga: A way to start & build a strong foundation in yoga, the basics in breathing (pranayama), postures (asana), & meditation will be covered with emphasis on warming up the body, alignment & breathing techniques.

Pilates Reformer: In this small group class you will be guided through a series of controlled exercises that are specifically tailored to your level of ability. Each student will work on a reformer, a special apparatus that allows for full range of motion with increasing levels of difficulty.

Kick Box Class: One hour of high and low impact cardio and kickboxing that will work your entire body!

Ab Blaster: Tuck the tum! Tone the bum! A great 25 min. workout for your abs & upper legs.

GENERAL FEES

Single Session class/drop in..... \$10
 10 Class package..... \$80
 20 Class package..... \$160

PILATES REFORMER FEES

Single Session class/drop in..... \$25
 10 Class Package \$200

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