

YOGA BY THE RESORT POOL

SATURDAY – 8AM

the
spa
Red Rock



You relax by the pool. You enjoy a beverage by the pool. You soak up the sun by the pool. Now you can do yoga by the pool. New at Red Rock:

This exhilarating 1 hour class is a blend of dynamic asanas “poses” linked together with breath and fun transitions set to inspiring and groovy music. Strengthen your core, cultivate long and lean muscles, calm your mind and shine from the inside out. All levels welcome....but be prepared to move.

Instructor — Rachel Schwimmer

Rachel believes that yoga is a transformative practice that leads us to more awareness, joy and an open heart. In her classes, she strives to create an environment where students both challenge and nurture themselves.

Single Session/Drop-In — \$10

10-Class Package — \$80

20-Class Package — \$160

For Information and Appointments, call 702.797.7878

