

## CLASSES & TIMES

Time	Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Studio	Time
7 am	2/Cycling	Canyon Ranch Yoga	Pilates Mat	Indoor Cycling	Pilates Mat	Canyon Ranch Yoga	Venice Power Walk	Venice Power Walk	2	7 am
8 am	2/Cycling	Step Jam	Indoor Cycling	Canyon Ranch Yoga	Muscle Conditioning	Step Jam	Indoor Cycling	Canyon Ranch Yoga	2/Cycling	8 am
9 am	2/Cycling	Funk Aerobics	Canyon Ranch Yoga	Restorative Yoga	Indoor Cycling	Core Camp	Muscle Conditioning	Fit Strip	2/Cycling	9 am
10 am	2/Cycling	Pilates with Flex-Bands	Muscle Conditioning	Cardio Fusion	Canyon Ranch Yoga	Pilates with Flex-Bands	Fit Strip	Indoor Cycling	2/Cycling	10 am
12 pm	2					Meditation		Meditation	2	12 pm
	Lecture		Menopause				Maximizing Metabolism		Lecture	
3 pm	2/Cycling	Restorative Yoga	Yamuna® Foot Fitness	Stride	Yamuna® Foot Fitness	Muscle Conditioning	Restorative Yoga	Stride	2/Cycling	3 pm
4 pm	2/Cycling	Core Camp	Canyon Ranch Yoga	Indoor Cycling	Canyon Ranch Yoga	Indoor Cycling	Cardio Fusion	Core Camp	2/Cycling	4 pm

SpaClub guests must be at least 18 years old. Passports are valid from 6 am to 8 pm on the day of purchase. Classes and times are subject to change without notice. All wellness presentations are complimentary.

## CLASS DESCRIPTIONS

**CANYON RANCH YOGA** – An ancient form of exercise providing strength, flexibility, balance and tranquility. All levels, 45 minutes. As a courtesy to other guests, please arrive on time.

**CARDIO FUSION** – A fun, stimulating blend of cardio styles and levels make this class unique. All levels, 45 minutes.

**CORE CAMP** – Sound off to this ‘boot camp’ circuit workout emphasizing core stability and balance. Great for an extreme physical and mental challenge. Advanced intensity, 45 minutes.

**FIT STRIP** – Learn how to combine basic moves of the strip tease for a great workout. All levels, 45 minutes.

**FUNK AEROBICS** – An aerobic challenge using funky high- and low-impact moves. All levels, 45 minutes.

**INDOOR CYCLING** – The outdoor ride is transported into the studio where you will experience flat roads, hills and jumps. Intermediate to advanced intensity, 45 minutes.

**MEDITATION** – A quieting of the mind and body using basic meditative and relaxation techniques. All levels, 45 minutes. As a courtesy to other guests, please arrive on time.

**MUSCLE CONDITIONING** – Challenging strength exercises using a variety of resistance equipment. All levels, 45 minutes.

**PILATES MAT** – This method of mental and physical conditioning emphasizes core strength, muscular balance, concentration and breathing. All levels, 45 minutes.

**PILATES WITH FLEX-BANDS** – Learn how to enhance your Pilates routine with the flex-band. All levels, 45 minutes.

**RESTORATIVE YOGA** – Passive poses to rejuvenate and relax you. All levels, 45 minutes. Class limit is 10. See a fitness staff member to sign up.

**STEP JAM** – A high-energy class for the experienced stepper. 45 minutes.

**STRIDE** – A motivating group treadmill workout incorporating interval training. All levels, 45 minutes. Class limit is 5. Please see a fitness staff member to sign up.

**VENICE POWER WALK** – Start the morning with an invigorating walk through Venice, taking in the sights both inside and outside, finishing in St. Mark’s Square for a morning stretch. Stair climbing is involved. Please meet in the Fitness Area of SpaClub outside Studio 1. All levels, 45 minutes.

**YAMUNA® FOOT FITNESS** – Learn to strengthen your feet, improving function and flexibility. All levels. 20 minutes.

## PRESENTATIONS

**MAXIMIZING METABOLISM** – Dispel the myths about weight loss and integrate the science of body composition, metabolism and balanced nutrition.

**MENOPAUSE: A JOURNEY THROUGH MIDLIFE** – This presentation addresses your body’s changes and how you can move gracefully through menopause.