

CLASSES & TIMES

☐ CLASSES ☐ PRESENTATIONS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7 am	Indoor Cycling	Pilates with Flex-Bands	Indoor Cycling	Balletone	Canyon Ranch Yoga	Advanced Yoga	Canyon Ranch Yoga	7 am
8 am	Canyon Ranch Yoga	Indoor Cycling	Sports Conditioning	Indoor Cycling	Indoor Cycling	Muscle Conditioning	Venice Power Walk	8 am
9 am	Rockwall Boot Camp	Rockwall Basics	Canyon Ranch Yoga	Muscle Conditioning	Step & Sculpt	Indoor Cycling	Indoor Cycling	9 am
10 am	Pilates Mat	Muscle Conditioning	Fit Strip	Advanced Yoga	Rockwall Basics	Fit Strip	Core Camp	10 am
11 am	Restorative Yoga	LaBlast	Bosu Zone	Yamuna® Foot Fitness	LaBlast	Bosu Zone	Cardio Kick	11 am
Noon	Maximizing Metabolism	Bone Health		Canyon Ranch at Home		Restorative Yoga	Roll-N-Release	Noon
1 pm	Meditation		Meditation					1 pm
4 pm	Sports Conditioning	Canyon Ranch Yoga	Roll-N-Release	Canyon Ranch Yoga	Roll-N-Release			4 pm

There are no scheduled classes during the 2pm and 3pm hours. Canyon Ranch SpaClub guests must be at least 18 years old. Classes and times are subject to change without notice.

CLASS DESCRIPTIONS

ADVANCED YOGA – Combine the strength, flexibility, balance and tranquility of yoga in this advanced level class, *90 minutes*.

BALLETONE – A program where barefoot training meets strength, cardio and flexibility in one workout by using movement you’ve done your whole life. Allow your fitness to take on a whole new meaning. All levels, *45 minutes*.

BOSU® ZONE – Challenge your cardio and kinesthetic limits using the Bosu Balance Trainer. Improve your agility, balance and stability. Intermediate level, *45 minutes*.

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 refrain from entering the class late.

CARDIO KICK – A total fitness workout incorporating kickboxing techniques, abdominal strengthening and flexibility. Get ready to kick it! Intermediate level, *45 minutes*.

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

FIT STRIP – Join our fitness instructor and learn how to combine basic moves of the strip tease. 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*.

LABLAST – Created by *Dancing with the Stars* professional dancer Louis Van Amstel, this fun dance class is a workout in disguise. Based on cha cha, disco, merengue and other favorites, LaBlast incorporates fitness moves that help build sassy hips and great muscle tone. Our instructors have been personally trained by Louis, so you get the authentic LaBlast experience. You’ll learn at least three dances in the first class – even if you believed you had two left feet! All levels, *45 minutes*.

MEDITATION – A quieting of the mind and body using basic meditative and relaxation techniques. All levels, *25 minutes*. As a courtesy to other guests, please refrain from entering the class late.

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 use the flex-band in your Pilates routine to help strengthen, stretch and engage your core. All levels, *45 minutes*.

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

ROCKWALL BASICS – Learn the basic techniques of indoor rock climbing. Class includes a one-time free climb. *Maximum of 5 climbers*.

ROCKWALL BOOT CAMP – Include the rockwall in one of the most challenging boot camp experiences. Drills for speed, strength, and agility are also included as you take on the rockwall. Class limit is 6. Please see a fitness staff member to sign up.

ROLL-N-RELEASE – Learn the basics of foam rolling and myofascial release to reduce soreness and induce relaxation. All levels, *20 minutes*. Class limit is 10. Please see a fitness staff member to sign up.

STEP & SCULPT – Receive a cardiovascular workout along with muscle conditioning in this interval class that alternates between step aerobics and body sculpting. All levels, *45 minutes*.

SPORTS CONDITIONING – Train like the pros with agility, strength and power drills using ladders, cones and hurdles. Advanced intensity, *45 minutes*.

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

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

PRESENTATIONS:

BONE HEALTH – It’s never too late to build better bones. Understand how to maintain and improve your bones through healthy living.

CANYON RANCH AT HOME – Join one of our exercise physiologists and discover practical ways to continue the Canyon Ranch lifestyle at home.

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