



# Aria Spa & Club

*Live Well This Life*

## THE MOST COMPREHENSIVE SKI-SPECIFIC CONDITIONING PROGRAM ANYWHERE!

It's no secret that skiing uses muscles you never knew you had, and now it's no secret how to get those muscles ready for the season. Various ski conditioning classes have specialized in toning bodies specifically in preparation for snow sports, and the trainers know that the key to success is in the mental work-out, too.

Recognized as the first of its kind, Aria Spa & Club's ski conditioning program is a hit each year. Part work-out, part high energy motivation, participants in the six week program each fall are guaranteed the best winter sports preparation of their lives. Aria Spa & Club holds after parties with prize giveaways and food and drink. The excitement factor creates a training environment that is fun, not grueling and is guaranteed to prepare you to be in the best shape for your ski season ever! How does one of the best programs in the nation accomplish both aspects? *SKI Magazine* and Aria Spa & Club at Vail Cascade give the inside scoop:

*"I do the classes for a little extra kick in the butt before ski season starts. That way you get the leg burn out of your system before the ski season starts - that's the idea"*

Kyle Griffith, Vail

*"SKI Magazine is a huge advocate of pre-season training and conditioning. What a great way to have fun getting in shape, to prevent injury and ski as long as you can this season - and you certainly couldn't ask for a better location"*

Kimberly Elpers, *SKI Magazine* editor, San Francisco

*"The components, like the films, serve as an inspiration. That's the reason you're there - everyone is either a skier or snowboarder and the movies add excitement to the classes"*

Patti Hyre, Vail

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At Aria Spa & Club at the Vail Cascade Resort, the killer combination for snow sport success combines the latest and greatest exercises replicated from the U.S. Ski Team, the NFL and NHL training professionals taught in circuit rotations. Mike Benedict CSCS, personal trainer at Aria Spa & Club along with John Cole, the Human Performance Director for Ski & Snowboard Club Vail designed the six week program to focus on preparing the participants' mind and body for snow sports. Aria has personal trainers and physical therapists available during classes and at after parties to offer free advice and assessments.

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## ARIA AMENITIES

Our 78,000-square-foot Colorado spa and club is Vail's most extensive facility - unprecedented for its professional approach to fitness and personal wellness. Offering fitness classes, personal training, an extensive array of cardio and weight-training equipment, an indoor track, indoor basketball court, indoor tennis courts, and a heated outdoor swimming pool and hot tub, the luxurious Aria Spa & Club takes fitness to the ultimate level.

Amenities include:

- Treadmills, elliptical trainers, recumbent bikes, stationary bikes, stair climbers, and cardio waves
- Dumbbells and free weights
- Precor strength-training systems
- Hammer strength-training equipment
- Indoor running track
- [Personal training programs](#)
- [Yoga](#), Pilates and other [fitness classes](#)
- Private Pilates sessions
- Basketball court
- Squash and racquetball courts
- [Indoor and outdoor tennis courts](#)
- Outdoor swimming pool and hot tub
- Men's and Women's indoor hot tub
- Aromatherapy steam rooms
- [Cascade KidVenture](#) - activities for children 5-12 (schedule subject to change)

If you are currently working out with a personal trainer and are planning a visit to Vail, Aria's personal training staff can coordinate a specific workout through your trainer. Please call to arrange a consultation: 970-476-5983.

Aria Club Front Desk: 970-476-7400

Hours: Monday - Friday, 5:30am - 9:00pm

Saturday and Sunday: 6:00am - 9:00pm

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## FITNESS PROGRAMMING

Aria Spa & Club offers an extensive variety of Vail fitness classes seven days a week - from lessons with our award-winning fitness instructors to core strengthening with Pilates and Yoga, and heart-pumping fun with spinning, Zumba and sports conditioning. A small sample of our regular programming:

- Yoga
- Pilates - Mat, Low Chair, and with props
- Spinning
- Sports Conditioning/Fitness Classes
- Strength Training - Muscle Chisel, Body-in-Balance and Washboard Abs
- Tennis, Racquetball and Squash
- Private and Semi-Private pilates Reformer Lessons

**CORE BLAST** - This 30-minute workout designed to develop core strength working your core inside and out.

**CIRCUIT SCULPT** - This class combines cardio, weights, and plyometrics for fast moving intervals. Great workout!

**JUMP START** - Wake up with an action-packed hour of conditioning and weight training each and every muscle group.

**SPINNING** - An unforgettable non-impact workout on a Schwinn stationary bike. A fantastic class for all fitness levels.

**MUSIC-DRIVEN H.I.I.T. SPIN** - This 45-minute high energy cycling class is set to motivating music.

**ZUMBA**- An unforgettable work-out pairing pulsating Latin music with red-hot international dance steps. No dance experience required.

**CARDIO MUSCLE WORKS** - A dynamic cross training class that will give the entire body a workout using weights, bosu ball, and step.

**BOOT CAMP** - A class that incorporates drills, weight training, and cardio designed to increase your metabolism, and aerobic base.

**HOUR OF POWER** - Classic weight training combined with the "Tabata" protocol (4-minute cardio cycle.) All levels welcome.

**RIPPED ARMS AND ABS** - Get ready to show some skin with this 30-minute sculpting class focused on the core and toning the arms.

**C.A.M.P.** - Cardiovascular Agility and Muscular Performance. Class consists of plyometrics, strength training, and drills to build power, and speed.

**TAI CHI** - This class utilizes a blend of Yang style and Ling family Tai Chi. A moving meditation that develops balance, and core strength.

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## YOGA

Yoga is one of the most popular and well attended programs we offer. We frequently host the world's best Yogis, such as Simon Park, and hold yoga retreats. We have an extensive team of yoga instructors available for private coaching and regular classes. A sample of our yoga offerings:

**ATHLETIC YOGA** - Varies in degree of intensity. Works on balance, strength, and stamina.

**HATHA YOGA** - In this class you can expect to deepen your breath, fire up your abdominals and work on your balance.

**PURNA YOGA** - Slow and steady class focusing on alignment basics and calming the nervous system.

**RESTORATIVE YOGA** - This revitalizing class is designed to restore body, mind and spirit. Focusing on general healing and rejuvenating the nervous system.

**KUNDALINI YOGA** - A dynamic blend of postures, pranayama, mantra,, and meditation, which teaches you relaxation, self healing and evaluation.

**ANUSARA INSPIRED YOGA** - Developed by John Friend, this class is gentle teaches you alignment principles for each posture.

**POWER YOGA** - Designed to build heat in the body, develop strength and flexibility with a challenging sequences of postures.

**MINDFUL VINAYASA** - Based on mindfulness meditation. You will move smoothly in and out of postures with the breath and balance.

**FAYC** - Friday Afternoon Yoga Club is a class with rotating teachers and styles. All levels welcome.

**YOGA 101** - A beginner yoga class. This is where it all begins.

**VINYASA YOGA** - Based around Pathabi Jois' system on cleansing the nervous system using salutations and postures.

*"I was so happy to find such a strong yoga community at the Aria Spa facilities. This shows not just the high quality of its yoga teachers but their heart-centered consciousness from where they instruct the tradition of the yoga science and its benefits to their student-members.*

*The hotel really holds the 'blissful spirit' of the pure white snow covered mountains. A perfect place to dissipate the mind, rest the body and recharge the spirit as one contemplates the undoubtedly presence of the Supreme manifested in such a divine environment.*

*Looking forward to enjoy such an experience again."*

*With deep gratitude,  
Andrei Ram*

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## TENNIS AND RACQUET SPORTS

It's no wonder Vail Cascade Resort & Spa has been voted one of the Top 50 Tennis Resorts in North America by *Tennis Magazine*. Featuring Vail's only indoor tennis courts, Aria Spa & Club's year-round Vail tennis and racquet program offers private and group lessons from world-renowned tennis pros.

Add to this our racquetball and squash facilities, and you'll see why Aria Spa & Club is rated one of the most outstanding tennis facilities you'll find.

- 3 indoor tennis courts
- 3 outdoor tennis courts
- Year-round tennis programs, including clinics, drills, socials and player matching
- Adult and junior tennis camps
- Custom programs
- Racquetball and squash courts
- Open squash on Wednesdays between 6 p.m. and 8 p.m.
- Private and semi-private squash lessons available

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### CLUB HOURS

Monday-Friday 5:30am-9:00pm Saturday and Sunday 6:00am-9:00pm

### CLUB DESK

Phone: 970.476.7400

**FOR SPA RESERVATIONS 970.479.5942 OR 888.824.5772**

**GIFT CERTIFICATES Available in any denomination**

[www.ariaspaclub.com](http://www.ariaspaclub.com)

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