

FITNESS CLASSES

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

BODY FUSION- A powerful class incorporating cardio, weights and power moves with plyometrics and drills.

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

CIRCUIT STEP - This one hour class combines cardio, strength and core exercises for a workout that you will remember.

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 cycling class is set to motivating music. It is great for those who love a high energy class with fun, loud music.

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

FALL CONDITIONING- This high energy class incorporates cardio, agility, running drills, full-body strength, plyometrics and core exercises.

ARIA PERFORMANCE SERIES- This class uses the most current theories and techniques to help you achieve a higher levels of fitness.

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

SATURDAY SESSIONS- An outdoor class based on high intensity activities: hill-running, plyometrics and heavy tire flipping.

GROUP PERSONAL TRAINING: You will be guided through a challenging full body weight training workout interspersed with the Tabata method (20 sec. bouts of intensity training followed by 10 sec. rest for 4 minutes total).

YOGA CLASSES

Yoga classes are open to all levels unless otherwise noted

ATHLETIC YOGA - This energetic Hatha based yoga practice focuses on flexibility, balance, and toning of the body through Vinyasa flow and balancing postures.

HATHA YOGA - An energetic class designed to build balance between body and mind, strength and flexibility through the use of traditional yoga postures and breathing techniques.

PURNA YOGA - Distills and integrates the vastness of yoga into an invaluable set of tools for transformation and healing. Cultivating awareness, precision and concentration .

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

DHARMA MITTRA YOGA - This class will reintegrate the flow of prana through the spinal column and emanate deep into all areas of the physical, metabolic, intuitive, and bliss bodies.

ANUSARA INSPIRED YOGA - Anusara Yoga® is a powerful hatha yoga system that unifies a Tantric philosophy of recognizing intrinsic Goodness with Universal Principles of Alignment™

POWER YOGA - A challenging, flowing, yoga produces extraordinary results while being accessible to all levels and abilities.

PILATES CLASSES

PILATES MAT – A series of challenging, well balanced movements performed on floor mats. This is the bedrock of your Pilates practice.

PILATES GROUP EQUIPMENT^s – Using a specialized Reformer machine and classic Pilates methodology, participants will develop muscular control, grace, strength and flexibility. Additional fee required, limit 3 people per class, must sign-up at club front desk.

POWER PILATES – This 45 minute Pilates class will jump start your morning! This class is faster paced focusing on muscle endurance creating that long, lean, strong look and overall total body balance.

CARDIO PILATES – An invigorating fusion of classic Pilates movements and fat-burning cardio exercise! Class is held in the Pilates Studio on the equipment. Additional fee required, limit 3 people per class, must sign-up at club front desk.

TENNIS, RACQUETBALL & SQUASH

TENNIS

Cardio Tennis - Elevate your heart rate, work on your movement, balance and agility, as well as meet new people! Classes are set to music! It may turn out to be your preferred choice of exercise once you try it!

ASK AT THE FRONT DESK ABOUT CLINICS AND GROUP LESSONS

- Classes & Playing Group Sizes are Limited
- Reservations must be made in advance. Please call Aria Spa & Club at 970-476-7400
- 24 Hour Cancellation Policy
- \$15 member fee, \$30 non-member/ Hotel Guest fee for clinics.

COURT RESERVATIONS -

Members Free indoor/ outdoor courts
Hotel Guest \$30/hr indoor, \$10/hr outdoor courts
Non-members \$30/person

PRIVATE TENNIS LESSONS – Please contact the Aria Spa & Club front desk at 970-476-7400 for more information on private lessons.

RACQUETBALL & SQUASH

DROP IN - \$30 non-member. No charge for resort guests.

PRIVATE LESSONS -Please contact the Aria Spa & Club front desk at 970-476-7400 for more information on private lessons.

\$5 racquet rentals available.

Racquetball and squash balls for sale at the Aria Gift Shop.

s p a & c l u b
VAIL CASCADE RESORT