

FITNESS SCHEDULE

February 2010

970-476-7400 www.ariaspa.com

MONDAY

| | | |
|---------|-----------------------------|---------|
| 6:15am | Power Pilates (New!!) | Angela |
| 6:15am | Spinning* | Nancy |
| 7:00am | Pilates Group Equipment**\$ | Angela |
| 7:15am | Cardio Tennis*\$ | Pete |
| 8:00am | Purna Yoga | Sally |
| 8:45am | Cardio Tennis*\$ | Pete |
| 9:30am | Body Fusion | Patti |
| 10:30am | Spinning | Jen R |
| 12:00pm | Pilates Group Equipment**\$ | Angela |
| 12:00pm | Athletic Yoga++ | Amy |
| 4:30pm | Pilates Group Equipment**\$ | Angela |
| 5:30pm | Pilates Mat* | Angela |
| 5:30pm | Winter Sports Conditioning | TBA |
| 6:30pm | Pilates Group Equipment**\$ | Angela |
| 6:30pm | Dharma Mittra Yoga | Natalie |

TUESDAY

| | | |
|---------|--------------------|----------|
| 6:00am | Athletic Yoga | Elena |
| 7:15am | Cardio Tennis*\$ | Pete |
| 8:00am | Dharma Mittra Yoga | Natalie |
| 8:45am | Cardio Tennis*\$ | Pete |
| 9:00am | Pilates Mat | Kathleen |
| 10:00am | Zumba | Jen R |
| 12:00pm | Athletic Yoga++ | Libby |
| 5:00pm | Washboard Abs+ | Jodi |
| 5:30pm | Athletic Yoga | Jan |
| 6:15pm | Spinning* | Sam |

WEDNESDAY

| | | |
|---------|-----------------------------|--------|
| 6:15am | Jump Start | Nancy |
| 6:15am | Pilates Group Equipment**\$ | Jayne |
| 7:15 am | Cardio Tennis**\$ | Pete |
| 8:00am | Purna Yoga | Sally |
| 9:30am | Circuit Step | Magda |
| 11:00am | Cardio Tennis**\$ | Pete |
| 10:30am | Spinning* | Jen O |
| 12:00pm | Pilates Group Equipment**\$ | Angela |
| 12:00pm | Hatha Yoga++ | Charry |
| 4:30pm | Pilates Group Equipment**\$ | Angela |
| 5:30pm | Cardio Velocity | Patti |
| 5:30pm | Pilates Mat* | Malin |
| 6:15pm | Spinning* | Steph |
| 6:30pm | Pilates Group Equipment**\$ | Malin |

THURSDAY

| | | |
|---------|--------------------------------|---------|
| 6:00am | Athletic Yoga | Elena |
| 6:15 am | Spinning* | Sam |
| 7:15am | Cardio Tennis**\$ | Pete |
| 8:00am | Hatha Yoga | Tracy |
| 8:45am | Cardio Tennis**\$ | Pete |
| 9:00am | Pilates Mat | Patti L |
| 10:00am | Zumba | Jen R |
| 12:00pm | Hatha Yoga++ | Charry |
| 5:00pm | Washboard Abs+ | Mike |
| 5:30pm | Athletic Yoga++ (w/meditation) | Elena |
| 6:15pm | Spinning* | Steph |
| 6:00pm | Cardio Tennis**\$ | Caitlin |
| 7:00pm | Men's Beginner Yoga | Charry |

FRIDAY

| | | |
|---------|-----------------------------|---------|
| 6:00am | Athletic Yoga | Libby |
| 6:15am | Power Pilates (New!!) | Patti L |
| 6:15am | Spinning* | Sam |
| 7:00am | Pilates Group Equipment**\$ | Jayne |
| 7:15 am | Cardio Tennis\$ | Pete |
| 8:00am | Athletic Yoga | Karen |
| 9:30am | Step Training Intervals | Dennie |
| 11:00am | Cardio Tennis**\$ | Pete |
| 12:00pm | Pilates Group Equipment**\$ | Deb |
| 12:00pm | Hatha Yoga++ | Karen |
| 5:30pm | Hatha Yoga | Charry |

SATURDAY

| | | |
|--------|-----------------------------|--------|
| 8:00am | Pilates Group Equipment**\$ | Angela |
| 9:00am | Athletic Yoga | Jan |
| 9:00am | Pilates Group Equipment**\$ | Angela |
| 5:00pm | Spinning* | Jen O |

SUNDAY

| | | |
|--------|------------------|--------|
| 9:00am | Vinyasa Flow+*** | Surya |
| 5:00pm | Restorative Yoga | Sally |
| 5:00pm | Pilates Mat* | Angela |

Legend

- + Indicates 25 minute class
- ++ Indicates 75 minute class
- \$ Indicates additional fees
- * Sign-up at club front desk required
- ** Level 2/3 yoga—intermediate/advanced students

- Please pace yourself appropriately, drink plenty of water and modify any exercise according to your own fitness level. Our Athletic Staff is always available to answer questions.
- Aerobics classes are Free to members.
- **\$20.00 fee for Non-members and \$15.00 fee for Hotel Guests.**

FITNESS CLASSES

BODY FUSION – A powerful class incorporating cardio, weights and power moves with plyometrics and drills. A great workout!

JUMP START- Wake up with and action-packed hour of conditioning and weight training each and every muscle group. All ability levels welcome you choose your individual intensity.

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 because you control the intensity. Wear biking shorts and bring a water bottle.

WASHBOARD ABS - 25 minutes of hard-core abdominal exercises.

ZUMBA - An unforgettable work-out pairing pulsating Latin music with red-hot international dance steps. Easy-to-follow moves burn 600-800 calories. No previous dance experience required.

WINTER SPORTS CONDITIONING - This class incorporates agility, running mechanics, plyos, leg strength and core stabilization. All levels are welcome in any class.

CARDIO VELOCITY - This high energy, calorie burning class combines cardio, agility, plyometrics and weights training. Come get a sweat on! All levels welcome.

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 and inspires evolution in our bodies and our lives.

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

VINYASA FLOW YOGA - This class links breath with movement creating an inspirational journey through the asana practice allowing students to connect with their bodies.

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. It promotes harmony within all these layers so a concentrated state of radiant health is achieved.

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.

TENNIS, RACQUETBALL & SQUASH

TENNIS

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.



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VAIL CASCADE RESORT