

# FITNESS SCHEDULE

March 2010

970-476-7400 www.ariaspa.com

## MONDAY

6:15am	Power Pilates*	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*	Steph
12:00pm	Pilates Group Equipment**\$	Angela
12:00pm	Athletic Yoga++	Amy
4:30pm	Pilates Group Equipment**\$	Angela
5:30pm	Pilates Mat*	Angela
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
10:30am	Spinning*	Jen O
11:00am	Cardio Tennis**\$	Pete
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	Children's Yoga	Anna
12:00pm	Hatha Yoga++	Charry
5:00pm	Washboard Abs+	Mike
5:30pm	Athletic Yoga++ (w/meditation)	Elena
6:15pm	Spinning*	Steph

- 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.
- **\$20.00 fee for Non-members and \$15.00 fee for Hotel Guests.**

## FRIDAY

6:00am	Athletic Yoga	Libby
6:15am	Power Pilates*	Patti L
6:15am	Spinning*	Sam
7:00am	Pilates Group Equipment**\$	Jayne
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
10:00am	Beach Body Boot Camp** (Class Begins March 13th)	TBA
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

### Upcoming Special Classes

#### Yoga for Hips and Back with Monica Gully

- Saturday March 13th
- 5:30 - 7:30pm
- \$25/Members
- \$35/Non-Members
- 2-hour class intended to help you open the lower body.
- Contact Aria front desk with any questions @ (970)476-7400

## 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 an 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.

**SPRING CONDITIONING** - This high energy class incorporates cardio, agility, running drills, full-body strength, plyometrics and core exercises. All levels welcome.

**BEACH BODY BOOT CAMP** - A blend of cardio, weights and agility with the end goal of getting your body ready for the beach.

## 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.

**CHILDREN'S YOGA** - Encourage concentration, body awareness and strength in your child through Yoga. Ages 3-12 welcome, must be potty-trained.

**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<sup>s</sup>** – 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