

# CLASSES & TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7 am	Indoor Cycling	Pilates Mat	Indoor Cycling	Pilates Mat	Canyon Ranch Yoga			7 am
8 am	Canyon Ranch Yoga	Indoor Cycling	Canyon Ranch Yoga	Muscle Conditioning	Indoor Cycling	Indoor Cycling	Venice Power Walk	8 am
9 am	Funk Aerobics	Canyon Ranch Yoga	Restorative Yoga	Indoor Cycling	Step Jam	Canyon Ranch Yoga	Canyon Ranch Yoga	9 am
10 am	Pilates with Flex-Bands	Muscle Conditioning	Fit Strip	Canyon Ranch Yoga	Pilates with Flex-Bands	Fit Strip	Indoor Cycling	10 am
11 am						Muscle Conditioning	Cardio Kick	11 am
Noon		Maximizing Metabolism	The Agony of De-FEET		Maximizing Metabolism			Noon
3 pm	Restorative Yoga	Bosu® Zone	Core Camp	Yamuna® Foot Fitness	Core Camp	Bosu® Zone	Yamuna® Foot Fitness	3 pm
4 pm	Core Camp	Canyon Ranch Yoga	Cardio Fusion	Canyon Ranch Yoga	Muscle Conditioning	Restorative Yoga	Core Camp	4 pm

Canyon Ranch SpaClub guests must be at least 18 years old. Classes and times are subject to change without notice.

## CLASS DESCRIPTIONS

**BOSU® ZONE** – Challenge your cardio and kinesthetic limits using the Bosu Balance Trainer. Improve your agility, balance, stability and power play. 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 FUSION** – A unique blend of cardio styles and levels in this energizing Canyon Ranch SpaClub class. All levels, 45 minutes.

**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 “bootcamp” 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.

**FUNK AEROBICS** – An aerobic challenge using funky high-impact and low-impact moves. 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.

**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.*

**STEP JAM** – A high-energy step class for the experienced stepper. Intermediate level, 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

**THE AGONY OF DeFEET** – Sore knees? Achy back? Hip pain? Find out how the feet relate to aches and pains in other parts of the body. Gather helpful tips to keep your feet – and the rest of your body – in tip-top shape.

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