



RANCHO VALENCIA
resort & spa

Yoga Pavilion Schedule

January

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|---|
| | <u>Rise & Shine (Warm)</u> 7:30-8:30 MAY | | | | <u>Rise & Shine (Warm)</u> 7:30-8:30 MAY | <u>Yoga & Meditation 75 min</u> 7:30-8:45 SARA |
| <u>Power Sculpt</u> 9:00-10:00 LINDSEY | <u>Power Sculpt (Heated)</u> 9:00-10:00 MAY | <u>Barre Sculpt</u> 9:00-10:00 DORY | <u>Power Sculpt (Heated)</u> 9:00-10:00 PATI | <u>Barre Sculpt</u> 9:00-10:00 DANIELLE M. | <u>Power Sculpt (Heated)</u> 9:00-10:00 ANNA | <u>Barre Sculpt</u> 9:00-10:00 JOANNA |
| <u>Yoga Flow (Heated)</u> 10:15-11:15 LINDSEY | <u>Yoga Flow</u> 10:15-11:15 ANNA | <u>Yoga Flow (Heated)</u> 10:15-11:15 MAY | <u>Yoga Flow</u> 10:15-11:15 PATI | <u>Yoga Flow (Heated)</u> 10:15-11:15 ERIKA | <u>Yoga Flow</u> 10:15-11:15 ANNA | <u>Yoga Flow</u> 10:15-11:15 JOANNA |
| <u>Roll With It</u> 11:30-12:30 JENNY | <u>Roll With It</u> 11:30-12:30 ANNA | <u>Deep Stretch</u> 11:30-12:30 MAY | <u>Roll With It</u> 11:30-12:30 MICHELLE | <u>Deep Stretch</u> 11:30-12:30 ERIKA | <u>Roll With It</u> 11:30-12:30 ANNA | |
| | | | | | | <u>Power Sculpt</u> 3:00-4:00 ERIKA |
| <u>Yoga & Meditation 75 min</u> 4:15-5:30 SARA | <u>Power Sculpt</u> 4:30-5:30 PATI | | <u>Barre Sculpt</u> 4:30-5:30 PATI | | <u>Yoga Flow</u> 4:00-5:00 PATI | <u>Yoga & Meditation 75 min</u> 4:15-5:30 ERIKA |
| <u>Deep Restorative Stretch</u> *Family Fit 5:45-6:45 SARA | <u>Yoga Flow</u> 5:45-6:45 MAY | <u>Deep Restorative Stretch</u> 5:45-6:45 ANNA | <u>Gentle Yoga</u> *Family Fit 5:45-6:45 PATI | <u>Gentle Yoga</u> 5:45-6:45 KERI | | |

Yoga Classes & Levels:

Gentle Yoga 1/2 (Room Temperature)

This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles.

This class is designed to align and invigorate. All levels welcome.

Yoga Flow 1/2 (Room Temperature or Warm)

This class connects breath and movement in a seamless flow of postures that build strength and flexibility with emphasis on the breath and smooth transitions. Great for all levels.

Deep Restorative Stretch (Room Temperature)

This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. We use props such as blankets, blocks, bolsters and straps to support the postures, while gently stretching and strengthening the body. This class is appropriate for students of all levels.

Power Yoga 2/3 (Warm or Heated)

A fluid, powerful class that builds heat, endurance, flexibility and strength. Integrating movement, breath core-strength and awareness. Held in a warm or slightly heated room to promote detoxification and flexibility. All levels welcome.

Power Sculpt 2/3 (Heated)

Our Power Sculpt class mixes calisthenics and body weight exercises with cardio and strength training. Designed to be different all the time, be prepared for some high intensity training!

Roll With It (Room Temperature)

This practice combines foam rolling techniques combined with the balance and release of yoga asana. Available to all fitness levels and designed to bring balance and resilience back into your body & life.

Barre Sculpt (Room Temperature)

A fun, fat burning workout! Fusing yoga, sculpt and ballet this highly effective class will reshape and sculpt your body promoting long, lean muscles. Get ready to move your booty and feel a burn! All levels welcome.

Yoga & Meditation 75 Mins (Room Temperature)

Guided by inspirational instructors through breath, body & mind, this 75 minute yoga and meditation combination is perfect for creating balance and clarity to prepare you for your day. All levels are welcome.

Rise & Shine (Warm or Heated)

This class combines light cardio and weights with yoga and mat Pilates to give you an amazing total body workout that is sure to set your day in the shinning in the right direction.

Family Fit Offerings:

Family fit classes are offered to all spa members and their children between the ages of 10-17 year old. Children must be accompanied by an adult at all times. Children under 18 years of age do not have access to the spa pool and may only access the specific family fit class during their visit.