



RANCHO VALENCIA
resort & spa

Yoga & Pilates Schedule

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>Reformer Pilates 2/3</u> 7:00-7:50 CARMEL <u>Reformer Pilates 2/3</u> 8:00-9:00 DANIELLE	<u>Reformer Pilates 2/3</u> 7:00-7:50 CARMEL <u>Pause Meditation</u> 7:30-8:00 SARA	<u>Reformer Pilates 2/3</u> 7:00-7:50 NIKKI <u>Reformer Pilates 2/3</u> 8:00-9:00 NIKKI	<u>Reformer Pilates 2/3</u> 7:00-7:50 CARMEL <u>Pause Meditation</u> 7:30-8:00 SARA	<u>Reformer Pilates 2/3</u> 7:00-7:50 CARMEL <u>Reformer Pilates 2/3</u> 8:00-9:00 DANIELLE	<u>Pause Meditation</u> 7:30-8:00 SARA <u>Reformer Pilates 2/3</u> 8:00-9:00 NIKKI
<u>Gentle Yoga</u> 9:00-10:00 ZAQUIA	<u>Power Sculpt (Heated)</u> 9:00-10:00 ANNA	<u>Reformer Pilates 2</u> 8:00-9:00 JENNY	<u>Reformer Pilates 2/3</u> 9:00-10:00 NIKKI	<u>Cadillac/ Mat Pilates 2</u> 8:00-9:00 DONNA	<u>Power Sculpt (Heated)</u> 9:00-10:00 ANNA	<u>Yoga Flow</u> 8:00-9:00 SARA
<u>Mat Pilates 2/3</u> 9:00-10:00 JENNY	<u>Reformer Pilates 2</u> 9:00-10:00 DANIELLE	<u>Reformer Pilates 3</u> 9:00-10:00 JENNY	<u>Power Sculpt (Heated)</u> 9:00-10:00 PATI	<u>Cadillac/ Mat Pilates 2</u> 9:00-10:00 DONNA	<u>Chair Pilates 2</u> 9:00-9:50 DANIELLE	<u>Pilates Circuit</u> 9:00-9:50 NIKKI
<u>Yoga Flow (Warm)</u> 10:15-11:15 ZAQUIA	<u>Yoga Flow</u> 10:15-11:15 ANNA	<u>Barre Sculpt</u> 9:00-10:00 DANIELLE	<u>Yoga Flow</u> 10:15-11:15 PATI	<u>Barre Sculpt</u> 9:00-10:00 DORY	<u>Yoga Flow</u> 10:15-11:15 ANNA	<u>Barre Sculpt</u> 9:15-10:15 JOANNA
<u>Mat Pilates 2/3</u> 10:15-11:15 JENNY	<u>Pilates Circuit 2</u> 10:15-11:15 DANIELLE	<u>Yoga Flow (Heated)</u> 10:15-11:15 PATI	<u>Pilates Jump Board</u> 10:15-11:15 STACIE	<u>Yoga Flow (Heated)</u> 10:15-11:15 ERIKA	<u>Cadillac/Mat Pilates 2</u> 10:15-11:15 DANIELLE	<u>Cadillac/ Mat Pilates 2</u> 10:00-11:00 NIKKI
<u>Foam Roller/ Stretch</u> 11:30-12:20 JENNY	<u>Foam Roller/ Yoga</u> 11:30-12:30 ANNA	<u>Pilates Circuit 2</u> 10:15-11:15 JENNY	<u>Foam Roller/ Yoga</u> 11:30-12:30 MICHELLE	<u>Reformer Pilates 2</u> 10:15-11:15 DONNA	<u>Foam Roller/ Yoga</u> 11:30-12:30 ANNA	<u>Yoga Flow 75 min</u> 10:30-11:45 JOANNA
	<u>Pilates Jump Board</u> 12:00-1:00 MELODIE	<u>Foam Roller/ Yoga</u> 11:30-12:30 PATI	<u>Pilates Jump Board</u> 11:30-12:30 STACIE	<u>Foam Roller/ Yoga</u> 11:30-12:30 ERIKA	<u>Pilates Jump Board</u> 12:00-1:00 STACIE	<u>Cadillac/ Mat Pilates 2</u> 11:15-12:15 NIKKI
	<u>Pilates Circuit 2</u> 1:00-2:00 MELODIE	<u>Reformer Pilates 2</u> 1:00-2:00 STACIE		<u>Reformer Pilates 2</u> 1:00-2:00 STACIE	<u>Reformer Pilates 2</u> 1:00-2:00 STACIE	
	<u>Intro To Reformer Pilates</u> 2:00-3:00 MELODIE	<u>Reformer Pilates 2/3</u> 4:30-5:30 STACIE		<u>Reformer Pilates 2/3</u> 4:30-5:30 STACIE	<u>Intro To Reformer Pilates</u> 2:00-3:00 STACIE	
	<u>Pilates Jump Board</u> 3:00-4:00 MELODIE	<u>Reformer Pilates 3</u> 5:30-6:30 STACIE	<u>Reformer Pilates 3</u> 5:30-6:30 DONNA	<u>Reformer Pilates 3</u> 5:30-6:30 STACIE	<u>Reformer Pilates 3</u> 3:00-4:00 STACIE	
<u>Gentle Yoga</u> 4:00-5:00 SARA	<u>Power Yoga (non-heated)</u> 5:45-6:45 STACIE	<u>Deep Restorative Stretch</u> 5:45-6:45 ANNA	<u>Gentle Yoga</u> 5:45-6:45 PATI	<u>Gentle Yoga</u> 5:45-6:45 KATE	<u>Yoga Flow</u> 4:00-5:15 PATI	<u>Yoga Flow</u> 4:00-5:00 MICHELLE

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

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- Heated

A fluid, powerful class that builds heat, endurance, flexibility and strength. Integrating movement, breath core-strength and awareness. Set to sexiest grooves and held in a 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!

Foam Roller/ Yoga 1/2- 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.

Foam Roller/ Stretch 1/2- Room Temperature

Utilizing a foam roller, this class is designed to stretch & release tight muscles, tissue, and fascia throughout the entire body. All levels welcome!
rhythmic movement. Fun and faster paced, but still dedicated to an alignment-based class.

Bar 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.

Pause Meditation- Room Temperature

Guided by inspirational instructors through breath, body & mind, pause is perfect for creating balance and clarity to prepare you for your day.

Pilates Class Levels

Level 1 – is a basic, slower-paced introduction to the Pilates reformer that provides the framework upon which all else will build. Suitable for beginners, first timers or those returning to exercise after some time away.

Level 2 – is an intermediate class that moves at a steady pace. You will be guided through balanced, focused and ever changing Pilates exercises. Suitable for those with some experience on the Pilates equipment.

Level 3 – is an challenging class that moves at a brisk pace that requires strength and control. Suitable for experienced Pilates students .

Intro to Pilates 1

You will be introduced to the core principles of Pilates as we explore the different apparatus including the Reformer, Chair and the Cadillac. Maximum of 5 people. No experience necessary.

Reformer Pilates 2&3

This class uses the Pilates Reformer apparatus. With emphasis is on rhythmic, flowing sets of movements which increase strength, flexibility and stamina while also improving alignment, balance, coordination and tone. The result of the workout is a uniformly developed body with strong back and abdominal muscles. This class is an intermediate level, faster-paced class using tempo variations and increased repetitions with familiar exercises. The focus is on endurance and higher intensity.

Pilates Chair 2

Not your Grandmother's chair! A 50-minute upbeat tempo class, all done on the revolutionary fitness chair that fuses sculpting, flexibility, and cardio. Pre-requisites for this class: private sessions with instructor approval and/or one month prior Reformer or Mat Pilates.

Cadillac/ Mat Pilates 2

This class helps with strength training by integrating your trunk, pelvis and shoulder girdle while emphasizing proper breathing. Correct alignment of your spinal cord and pelvis with the incorporation of smooth flowing movement allows you to access each part of your body.

Reformer Circuit 2/3

As a way to explore the expansive range of Pilates equipment and movements, we are now offering a circuit class - an integration of mat, roller, Cadillac, tower and/or chair all in one 50 minute class".

Pilates Jump Board 2/3

This combo class utilizes the Pilates Chair, Standing Arm Springs and the Reformer Jump board. Jump board simulates running and jumping without the stress on the hips, knees and feet. This class incorporates Pilates Reformer technique with Jump board intervals, increasing the heart rate and strengthens the legs without being aggressive on the joints.

GYROKINESIS®: Gyrokinesis is a revolutionary method of exercise that works the entire body through gentle rhythmic movement sequences. Focusing on three-dimensional circular and spiral motions that take place on a stool or mat, Gyrokinesis helps to increase range of motion, decompress the spine, open energetic pathways and create functional strength.