RANCHO VALENCIA
resort & spa

Yoga & Pilates Schedule

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Reformer Pilates 2/3 8:00-9:00 DANIELLE	Reformer Pilates 2 8:00-9:00 MISTY	Reformer Pilates 2/3 8:00-9:00 NIKKI	Cadillac/ Mat Pilates 2 8:00-9:00 DONNA	Reformer Pilates 2/3 8:00-9:00 MISTY	Reformer Pilates 2/3 8:00-9:00 NIKKI
Gentle Yoga 9:00-10:00 ZAQUIA	Power Sculpt (Heated) 9:00-10:00 ANNA	Piloxing (yoga pavilion) 8:00-8:50 ANNE	Yoga Flow (warm) 8:00-9:00 KELLI	H.A.B.I.T(yoga pavilion) 8:00-8:50 ANNE	Power Sculpt (Heated) 9:00-10:00 ANNA	Yoga Flow 8:00-9:00 PATI
Reformer Pilates 2 9:00-10:00 JENNY	Reformer Pilates 2 9:00-10:00 DANIELLE	Reformer Pilates 3 9:00-10:00 MISTY	Intro to Reformer Pilates 1 9:00-10:00 NIKKI	Cadillac/ Mat Pilates 2 9:00-10:00 DONNA	Chair Pilates 2 9:00-9:50 MISTY	Pilates Circuit 9:00-9:50 NIKKI
Power Sculpt (non-heated) 10:15-11:15 ZAQUIA	Yoga Flow 10:15-11:15 ANNA	Yoga Flow (Heated) 9:00-10:00 ANGELA	Power Sculpt (Heated) 9:00-10:00 ANNA	Yoga Flow (Heated) 9:00-10:00 LAUREN	Yoga Flow 10:15-11:15 ANNA	Ballet Sculpt 9:15-10:15 KENNA
Reformer Pilates 2 10:15-11:15 JENNY	Pilates Circuit 2 10:15-11:15 DANIELLE	Ballet Sculpt 10:15-11:15 STEPHANIE	Yoga Flow 10:15-11:15 ANNA	Ballet Sculpt 10:15-11:15 LAUREN	Pilates 2 10:15-11:15 DANIELLE	Cadillac/ Mat Pilates 2 10:00-11:00 NIKKI
Foam Roller/ Stretch 11:30-12:20 JENNY	Foam Roller/ Yoga 11:30-12:30 ANNA	Reformer Pilates 2 10:15-11:15 MISTY	Pilates Jump Board Circuit 10:15-11:15 MELODIE	Reformer Pilates 2 10:15-11:15 DONNA	Foam Roller/ Yoga 11:30-12:30 ANNA	Yoga Flow 75 min (non-heated) 10:30-11:45 KENNA
	Reformer Pilates 2 11:30-12:30 JENNY	Reformer Pilates 2 1:00-2:00 STACIE	Foam Roller/ Yoga 11:30-12:30 ANNA	Reformer Pilates 2 1:00-2:00 STACIE	Cadillac/Chair Pilates 2/3 11:30-12:30 DANIELLE	Reformer Pilates 2 11:15-12:15 NIKKI
	Pilates Circuit 2 1:00-2:00 JENNY	Reformer Pilates 2/3 4:30-5:30 STACIE	Reformer Pilates 3 11:30-12:30 DONNA	Reformer Pilates 2/3 4:30-5:30 STACIE	Reformer Pilates 2 1:00-2:00 STACIE	
	Reformer Pilates 2 3:00-4:00 STACIE	Reformer Pilates 3 5:30-6:30 STACIE	Reformer Pilates 3 5:30-6:30 DONNA	Reformer Pilates 3 5:30-6:30 STACIE	Reformer Pilates 2 3:00-4:00 STACIE	
Gentle Yoga 5:00-6:00pm STEPHANIE	Power Yoga (non-heated) 5:45-6:45 STACIE	Deep Restorative Stretch 5:45-6:45 STEPHANIE	Power Sculpt (non-heated) 5:45-6:45 STEPHANIE	Gentle Yoga 5:45-6:45 MEGHAN	Yoga Flow 4:00-5:15 ERIKA	Deep Stretch 4:00-5:00 STEPHANIE

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.

Restorative Yoga 1/2- 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.

Ballet 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.

Piloxing- Room Temperature

A non-stop cardio/ strength- fusion class combining pilates, boxing, barre and dance

H.A.B.I.T- Room Temperature

A fun and energetic interval training c lass focused on full body sculpting & toning (hips, abs/arms, butt and inner thighs)

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

This is our "getting started" class. You will be introduced to the core principles of Pilates as we explore the different apparatus including the Reformer, Chair and the Cadillac. If you are a newer client, we recommend you take at least three basic classes before jumping into a regular reformer class. Maximum of 5 people. No experience necessary. Sign Up at Spa Desk.

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.

Pilates Cadillac 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 Circuit 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.