

CLASSES & TIMES

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7 am	Indoor Cycling	Pilates Mat	Sports Conditioning	Pilates with Flex Bands	Canyon Ranch Yoga			7 am
8 am	Canyon Ranch Yoga	Indoor Cycling	Indoor Cycling	Muscle Conditioning	Indoor Cycling	Indoor Cycling	Venice Power Walk	8 am
9 am	Step and Sculpt	Roll-N-Release	Canyon Ranch Yoga	Indoor Cycling	Step and Sculpt	Canyon Ranch Yoga	Canyon Ranch Yoga	9 am
10 am	Pilates with Flex-Bands	Muscle Conditioning	Fit Strip	Canyon Ranch Yoga	Rockwall Basics	Fit Strip	Indoor Cycling	10 am
11 am						Muscle Conditioning	Cardio Kick	11 am
Noon	Maximizing Metabolism	Wake Up Call		Maximizing Metabolism				Noon
1 pm						Resorative Yoga	Core Camp	1 pm
2 pm						Bosu Zone	Roll-N-Release	2 pm
3 pm	Yamuna® Foot Fitness	Bosu® Zone	Core Camp	Yamuna Foot Fitness	Sports Conditioning			3 pm
4 pm	Sports Conditioning	Canyon Ranch Yoga	Cardio Fusion	Canyon Ranch Yoga	Roll-N-Release			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 and stability. 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.

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.*

ROCKWALL BASICS – Learn the basic techniques to indoor rock climbing. Class includes a one-time free climb. *Maximum of 5 climbers.*

ROLL-N-RELEASE – Learn the basics of foam rolling and myofascial release. All levels, 45 minutes. *Class limit is 10. Please see a fitness staff member to sign up.*

STEP AND SCULPT – Receive a cardiovascular workout along with muscle conditioning in this interval class that alternates between step aerobics and body sculpting. All levels, 45 minutes.

SPORTS CONDITIONING – Train like the pros with agility, strength and power drills using ladders, cones and hurdles. Advanced intensity, 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

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

WAKE UP CALL – Learn how lifestyle affects your sleep and take home strategies for improving sleep quality. Address the buzz about caffeine and understand its benefits and risks.