

Member BBQ July 11th!

MONDAY

6:15am	Spintensity	Nancy
8:00am	Yoga with Essential Oils	Bronson
9:30am	Power and Strength	Patti
12:00pm	FUNctional Bootcamp	Adir
12:00pm	Level 2-3 Yoga+++	Aislinn
4:30pm	Pilates Group Equipment*\$	Lara
5:30pm	Boxing & Core Conditioning	Adir
5:30pm	Pilates Mat	Lara
5:30pm	Spin for Strength & Fitness	Toni
5:45pm	All Levels Yoga	Margeaux
6:30pm	Core Conditioning	Toni

TUESDAY

6:30am	All Levels Yoga	Marta
8:00am	Level 1 Yoga	Nicola
9:15am	Pilates Mat	Jayme
10:15am	Barre Class	Zoe
12:00pm	Level 2-3 Yoga +++	Leisha
1:15pm	Meditation (15 min)	Leisha
5:00pm	Core Conditioning	Kenzie
5:15pm	Level 2 Yoga	Geordy
5:30pm	SPINsanity	Kenzie
6:30pm	Barre Workout	Beth

All classes are \$20.00 fee for Non-members and \$15.00 fee for Hotel/ Condo Guests (additional fees apply where this symbol \$ is located.)

- Please arrive 15 minutes before class to sign in.
- Athletic attire and shoes are mandatory for all fitness classes.
- If you have questions our staff will be more than happy to help.

July 2017

WEDNESDAY

6:15am	Spin for Strength & Fitness	Dan M
8:00am	Level 2 Yoga	Jan
9:30am	Wednesday Warrior	Beth
11:00am	Pilates Group Equipment *\$	Adryen
12:00pm	Level 2 Yoga	Elena
12:00pm	Spin Training	Dan T
1:00pm	Meditation (15 min)	Elena
5:30pm	Yoga for Athletes	Prisca
5:30pm	Circuit Rage	Patti
5:30pm	Pilates Workout	Beth
6:30pm	Belly Dancing	Daniela

THURSDAY

6:30am	All Levels Yoga	Jenny
8:00am	Level 2 Yoga	Aislinn
9:05am	Pilates Mat	Beth
10:05am	Barre Sculpt	Tracy
12:00pm	Level 2-3 Yoga +++	Leisha
1:15pm	Meditation (15 min)	Leisha
5:30pm	Level 2 Yoga	Bree
5:30 pm	H.I.I.T Spin	Kenzie
6:45pm	Sattva Yoga	Magda

Classes highlighted in YELLOW are new to the schedule or special classes.

Color Legend

Spinning Pilates Yoga
Training Classes Dance
Racquet Sports

Get fit for Summer!

FRIDAY

6:15am	H.I.I.T Spin	Dan M
8:00am	Level 1-2 Yoga+++	Linda
9:30am	Butts and Guts	Kenzie
10:45am	Pilates Mat	Lara
12:00pm	Barre Class	Zoe
12:00pm	Pilates Group Equipment *\$	Lara
12:00pm	FUNctional Bootcamp	Adir
5:30pm	FAYC Yoga	TBD

SATURDAY

8:00am	SPIN Training	Kenzie
8:30am	All Levels Yoga+++	Libby
9:15am	Weekend Warrior	Adir
10:00am	Tai Chi	Bronson
11:00am	Zumba	Nikki
5:00pm	Anjali Yoga only July 1st	Betsy

SUNDAY

9:00am	Yoga: Level 2 +++	Margeaux
5:00pm	Stretch and Restore Yoga	Bronson

Legend

+ Indicates 25 minute class ++ Indicates 45 minute class
+++ Indicates 75 minute class ++++ indicates 90 minute class
\$ Indicates additional fees | * Sign-up at club desk required
See class descriptions on other side
(x) Class will be cancelled for a Workshop to take place.

YOGA CLASS DESCRIPTIONS:

Level 1 Yoga: Designed for beginners, those with injuries or recovering from injury or those students that prefer a slower paced class. Class will be in the Hatha style enabling students to learn the basics of postural alignment.

Level 2 Yoga: Designed for those students with intermediate yoga experience. Class will be an athletic, vinyasa flow style with principles of alignment and philosophy weaved in. Some simpler variations of inversions and arm balances and more advanced poses may be introduced.

Level 3 Yoga: Designed for more advanced students. Classes will be a high energy athletic vinyasa flow style class including alignment principles, pranayama (breathing) techniques, bandha locks, inversions and arm balances. Classes will also include a theme based on traditional yoga philosophy.

All Levels: Classes will be designed based on the group in attendance. Beginner to more advanced variations of poses will be taught and demonstrated. Light hearted and fun.

Stretch & Restore: Release, Restore and Renew - fall into a deep relaxation after stretching out, breathing deep and tapping into the parasympathetic system and revitalizing your body.

Yoga For Athletes: This program focuses on postural alignment and greater strength for increased mobility in the body. The class will be suited for all levels.

Yoga with Essential Oils: This class will be an integration of essential oils during Yoga class. Combining aromatherapy with Yoga can powerfully enhance the Yoga journey.

Yoga Express: This class is 35 min long. Lift your energy and release your tensions in the body and prepare for a stress free day. All levels welcome.

SAATVA Yoga: This class offers a unique practice with Vinyasa flow, breathwork and Kundalini kriyas, mantras, etc..

BEMER: Come sit on this electro-magnetic mat that has been scientifically proven to enhance blood flow, brain function, stress reduction and relaxation, etc.

BARRE WORKOUT

Workouts are designed to give you long lean "dancer-like" physique using the ballet bar and other tools such as balls, yoga straps and hand weights.

Pilates /Barre: want a long, lean, sexy body? Come tone and tighten your entire body.

PILATES CLASSES

PILATES MAT: A series of challenging, well balanced movements performed on floor mats. This is the bedrock of your Pilates practice.

PILATES GROUP EQUIPMENT: Using a specialized Reformer machine and classic Pilates methodology, participants will develop muscular control, grace, strength, and flexibility. Additional fee required, limit 3 people per class, must sign-up at club front desk. 24 hr. cancellation is required

RACQUETBALL, SQUASH

RACQUETBALL/SQUASH: Easy to learn global sports that provide an impressive cardiovascular workout for all levels.

Pickleball: See front desk or call for details

For Reservations Call Club Desk at 970 476 7400

FITNESS CLASS DESCRIPTIONS:

POWER AND STRENGTH: A strength training class that incorporates power moves to increase performance.

H.I.I.T SPIN: Start this workout out with a warm up in the saddle, Then incorporate a cross training style workout with weights, agility and core work to meet your fitness goals and repeat.

CORE CONDITIONING: It is time to strengthen your core to stabilize your spine and eliminate back pain. With this dynamic core class you will learn to work your core from the inside out.

SPS CLASS: Join us for Spiral Stabilization of the Spine. This class combines rehabilitation with prevention, regeneration and conditioning of the spiral muscles in the body. Meet in Fitwall room.

BOXING BOOTCAMP: This awesome class will be a total body workout that will incorporate boxing moves and cross training style workout.

ZUMBA: An unforgettable work-out pairing pulsating Latin music with red-hot international dance steps. No dance experience required.

TAI CHI: This class utilizes a blend of Yang style and Ling family Tai Chi. A moving meditation that develops balance, and core strength.

AWESOME ABS: It's About Being Stable, strengthen your core to stabilize your spine and eliminate back pain. With this dynamic core class.

CIRCUIT RAGE: Experience high intensity circuits like you never have before! This intense, heart pumping, muscle screaming circuit is designed to cut fat and boost metabolism.

SPINSANITY: Take a seat, get ready to ride. This 50 minute class will have you sweating in a few minutes flat, pounding your fist to rhythm of the music and destroying mental limitations. You are encouraged to go a little SPINsane!

FIT SPIN: Class begins with a 30 minute interval spin and ends with an intense session in the TRX/ Fitwall Room using Fitwall and TRX training. Bring a water bottle and towel!

STRENGTH & CONDITIONING: A dynamic, fun, 60 min interval workout combining strength and endurance movements with dumbbells, barbells, bosu balls and steps.

SPIN TRAINING: You will achieve the strength & fitness you need for improved athletic performance in this spin class. Class covers a variety of cycling terrain.

FUNCTIONAL BOOTCAMP: This class will focus on strength and balancing your body for the fitness goals you want to achieve.

BUTTS AND GUTS: Join us for a fun, full body, high intensity circuit workout. Class will include a full variety of total body and cardio exercises.

WEDNESDAY AND WEEKEND WARRIOR: Join us for a dynamic, high intensity, cross training style boot camp class. This total body workout will focus on burning calories and getting you in shape! Meet in Fitwall room.



aria
athletic club & spa
VAIL CASCADE

ARIA FITNESS SCHEDULE

CLUB HOURS

Monday-Friday 5:30am-9:00pm
Saturday and Sunday 6:00am-9:00pm

CLUB DESK: 970.476.7400
Memberships Available

SPA HOURS

Winter 8:00am-8:00pm | Summer 10:00am-6:00pm

SPA RESERVATIONS: 970.479.5942
888.824.5772 | Fax 970.476.7405

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