Sedona’s Premier Health & Fitness Club. Classes are held in the fitness studio unless otherwise noted. Cancellations and instructor substitutions are possible. Classes start on time and no admittance permitted until next class. Participants need to be at least 14 years of age. dial ext. 6900 or call (928) 284-6975 for any questions.

<table>
<thead>
<tr>
<th>Time</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>6:00/6:15 AM</td>
<td>closed</td>
<td>Monday Morning Kick-Start 6:15 - 7:15 Dev R</td>
<td>Circuit - L2 6:15 - 7:00 Weight Rm. &amp; AR Danni B</td>
<td>Mid-Week Muscle Mix 6:15 - 7:15 Nancy Z.</td>
<td>Circuit - L2 6:15- 7:00 Weight Rm. &amp; AR Danni B</td>
<td>Mat Class 6:15-7:15 Dev R.</td>
<td>closed</td>
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<tr>
<td>7:00/8:00 AM</td>
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<td>RIP FIT (Fee class) 8:00—8:45 AM Sherry C</td>
<td>HIIT PIT 8:00—8:45 outside Pat C.</td>
<td>Sweat Shop 7:00 - 7:50 Sherry C</td>
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<td>Basic Meditation 7:00-8:00 Barbara M</td>
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<td>8:00/9:15</td>
<td>Total Body Cond. 8:00 - 9:00 Nancy Z.</td>
<td>Zumba 8:00- 9:00 Marlene H</td>
<td>Kettle Bells 8:00 - 8:50 Pat C</td>
<td>Zumba Toning 8:00 - 9:00 Sara W.</td>
<td>Interval Training 8:00 - 9:00 Dev R.</td>
<td>Zumba 8:00 - 9:00 Sara W.</td>
<td>Qi Gong &amp; Meridian Stretch 8:15 – 9:30 Barbara M</td>
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<tr>
<td>10:00 AM</td>
<td>Pilates 10:30 -11:30 Marlene H.</td>
<td>SASS Stretch 10:00-10:45 Sherry C</td>
<td>Pilates 10:30 - 11:30 Hayley H.</td>
<td>SASS Stretch 10:00-10:45 Sherry C</td>
<td>Soft Rollers 10:30-11:30 Marlene</td>
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<tr>
<td>11:00/11:15</td>
<td>Intro to Yoga 11:00 - 12:15 Sara W</td>
<td>Liberating Yoga ~ flow 11:00-12:15 PM Nathan G</td>
<td>Traditional Tai Chi 11:15 - 12:15 Lyn D.</td>
<td>Barre 11:45-12:45 Nancy Z</td>
<td>Pilates 11:00-12:00 Marlene H.</td>
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<td>1:00/ PM</td>
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<td>Qi Gong for Balance 1:00 - 2:00 pm Lyn D.</td>
<td>Zen Mix 1:00-2:00 pm Sara W.</td>
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<td>3:00/3:30 PM</td>
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<td>Intro to Yoga 3:30-4:45 pm Sara W</td>
<td>Total Body Conditioning 3:00-4:00 pm Kim H.</td>
<td>Gentle Flow Yoga 3:30-4:45 pm Marnie M.</td>
<td>Intro to Yoga 3:30 - 4:30 pm Sara W.</td>
<td>Yoga 3:30-4:45 pm Marnie M.</td>
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Pool closed for maintenance the 2nd and 4th Tuesday of each month from 12-2 PM.
FITNESS CLASS DESCRIPTIONS

**Barre Class** Uses a chair for balance support while participants do a rigorous course of movement that is rooted in ballet, also uses short intervals of intense movement to raise the heart rate.

**Circuit - Level 2:** Work in timed intervals, promotes muscular strength & endurance. Please warm-up 10-15 min. before class. Class size is limited to 15.

**Effortless Power:** This class uses the Internal Arts of Tai Qi, Hsing I, Bagua, and Qi Gong to become aware of the source of our power and practices how this power moves through us to manifest the actions of our life.

**Mid-Week Muscle Mix:** Endless moves from top to bottom! Various exercises with balls, bands, bars and weights excite every muscle of your body... gets your fitness routine energized! Levels welcome.

**Monday Morning Kick-Start:** High energy calorie burning workout to kick-start your metabolism and offer a full body workout. Based on intervals of high intensity movements followed by brief rest periods. Intensity level determined by each person - anyone can attend and everyone will get results.

**Pilates:** Precise and functional exercise that builds core fitness and improves flexibility, coordination, strength and posture. Utilizes a variety of equipment including foam roller, ring, and weighted & soft balls.

**Qi Gong:** 5 Element Meridian stretches that strengthen the body and quiet the mind. Learn to cultivate the breath, support the immune system and expand your energy.

**Chan Zhen Qi Gong:** Works with all levels of our being...physical body, emotions, and thoughts. Benefit is a holistic balancing of the mind/body.

**Tai Chi Flow:** Slow gentle, flowing movements improve balance and tone all organ functions. Combines gracefulness with internal strength.

**Total Body Conditioning:** A full body sculpting session using various fitness tools to help you build muscle strength and lean muscle mass.

**ZEN MIX**
This class considers and trains fundamental body structure, movement patterns, mental attitudes & emotional balance, thru exploration of the world's martial arts cannon for an overall experience of self empowerment. In addition students will enjoy a sense of freedom and creative expression as music, dance, breath, stillness, and play fill space. This class is truly a refreshing take on mind-body-spirit fitness

**Yoga:** Integrates hatha yoga, yin yoga and principles of alignment. Creates mind/body awareness and deep relaxation. Increases vitality and flexibility and soothes the nerves. All levels welcome.

**Zumba:** A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness workout! Come Join the Party!

**Sweat Shop:** Get your sweat on with a high intensity metabolic workout. Sweat Shop utilizes body weight and resistance training to burn fat and build muscle in a short and efficient workout that will kick up your metabolism and leave you with an afterburn!

**RIP Fit:** combines suspension training and CoreX training to break through that plateau to achieve that strong, lean, functional body you have always wanted! Suspension training will improve your strength, balance, mobility, and stability. CoreX training utilizes a lever bar and resistance cord to challenge your rotational power and stability

**NOTES:**

*Class Level:* For classes listed as Level 2 (L2) or intermediate, previous experience is recommended.

*Timeliness:* Class will start on time. Please observe the “Class Full – No Admittance” sign on the classroom door when posted.

*Attire:* Proper attire/footwear is required. Only non-marking soles may be used in the fitness studio.

*Class Capacity:* The number of class participants is at the discretion of the instructor. Except for Circuit - level 2, Class size is limited to 15.

*Age:* Only guests & members age 16 and older may participate in Circuit - Level 2 classes.

SEDONA ATHLETIC CLUB
FITNESS CLASS SCHEDULE
Winter 2016
Fitness Facility Hours:
Mon - Fri, 5:30 am - 9 pm,
Sat & Sun, 7am - 8pm