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>Start 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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<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></td>
<td>RIP FIT 6:00—6:40 am Sherry CH</td>
<td>HIIT PIT 7:45—8:30 Warrior Pit Pat C.</td>
<td>RIP FIT 6:00—6:40 am Sherry CH</td>
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<tr>
<td>8:00-8:15 AM</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>Meridian Yoga 8:15 –9:30 Barbara M</td>
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<tr>
<td>10:00-10:30 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>Melt (Melt roller required) 10:30 - 11:30 Jamie T.</td>
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<tr>
<td>H2O 10:30-11:00 AM</td>
<td>Aqua Boot Camp Sara W. 11:00 - 12:00</td>
<td>Aqua Elizabeth S 10:30 - 11:30</td>
<td>Aquacise Zlata 10:30 - 11:30</td>
<td>Aqua Zlata 10:30 - 11:30</td>
<td>Strength &amp; Balance 11:45-12:45 Zlata</td>
<td>Pilates 11:00-12:00 Marlene H.</td>
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<tr>
<td>11:00/11:15 AM</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>Hip Hop 1:00-2:00 pm Sara W.</td>
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<tr>
<td>1:00 PM</td>
<td>Qi Gong for Balance 1:00 - 2:00 pm Lyn D</td>
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<tr>
<td>3:00/3:30 PM</td>
<td>Intro to Yoga 3:30 - 4:45 pm Sara W</td>
<td>Total Body Conditioning 3:30 - 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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Aqua Classes start April 1, 2017. The lap pool is closed during Aqua Classes from 10:30 am to 12:30 Monday—Thursday.

Pool closed for maintenance the 2nd and 4th Tuesday of each month from 12-2 PM.

Modified 6/11/17
FITNESS CLASS DESCRIPTIONS

**Barre Class** 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.

**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! All levels welcome.

**Monday Morning Kick-Start:** kick-start your metabolism with a full body workout. Intervals of high intensity movements followed by brief rest periods. Intensity level determined by each person.

**Pilates:** 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.

**Chan Zhen Qi Gong:** Works with all levels of our being...physical body, emotions, and thoughts.

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

**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.

**3Zen Meditation** The energy is fresh and new in the early morning! We will use various Meditation practices in this class, Standing, Sitting and Lying Down, and moving Meditation. A great way to start your day, focused, relaxed and energized, ready for the day ahead.

**Meridian Stretch:** the meridians are our inner energy lines that carry Life Force through us. Where there is a good energy flow, there is a good blood flow. Combined with breathing we clear, open, and align our Meridian system. Mindful stretching will release the inner armor and allow us a strong body, a quiet mind and an elevated spirit.

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

**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.