

# GROUP FITNESS SCHEDULE 2018

## SUNDAY

\*Hours vary by season  
**Red Rock Yoga**  
Meet in Lobby of Resort

8:00 - 9:00 AM  
**Total Body Conditioning**  
Group Fitness Room

9:15 - 10:15 AM  
**Zumba**  
Group Fitness Room

11:00 - 12:15 PM  
**Intro to Yoga**  
Group Fitness Room

## MONDAY

6:15 - 7:15 AM  
**Monday Morning Kick Start**  
Group Fitness Room

8:00 - 9:00 AM  
**Zumba**  
Group Fitness Room

9:15 - 10:15 AM  
**Tai Chi Flow**  
Group Fitness Room

10:30 - 11:30 AM  
**Pilates**  
Group Fitness Room

3:30 - 4:45 PM  
**Vinyasa Yoga**  
Group Fitness Room

## TUESDAY

\*Hours vary by season  
**Rip Fit**  
Warrior Pit

6:15 - 7:00 AM  
**Circuit L2**  
Weight Room

7:00 - 7:50 AM  
**Sweat Shop**  
Group Fitness Room

8:00 - 8:50 AM  
**Kettle Bells**  
Group Fitness Room

9:00 - 9:50 AM  
**Barre Class**  
Group Fitness Room

10:00 - 10:45 AM  
**SASS Stretch**  
Group Fitness Room

10:00 - 11:00 AM  
**Aqua Interval**  
Lap Pool

11:00 - 12:15 PM  
**Yoga**  
Group Fitness Room

1:00 - 2:00 PM  
**Qi Gong for Balance**  
Group Fitness Room

3:00 - 4:00 PM  
**Total Body Conditioning**  
Group Fitness Room

## WEDNESDAY

6:15 - 7:15 AM  
**Mid-Week Muscle Mix**  
Group Fitness Room

7:45 - 8:30 AM  
**HIIT Pit**  
Warrior Pit

8:15 - 9:00 AM  
**Dance'n Step**  
Group Fitness Room

9:15 - 10:15 AM  
**Tai Chi Flow**  
Group Fitness Room

10:30 - 11:30 AM  
**Aquacise**  
Lap Pool

10:30 - 11:30 AM  
**Pilates**  
Group Fitness Room

3:30 - 4:45 PM  
**Vinyasa Yoga**  
Group Fitness Room

## THURSDAY

\*Hours vary by season  
**Rip Fit**  
Warrior Pit

6:15 - 7:00 AM  
**Circuit L2**  
Weight Room

7:00 - 7:50 AM  
**Sweat Shop**  
Group Fitness Room

8:00 - 9:00 AM  
**Interval Training**  
Group Fitness Room

9:30 - 10:30 AM  
**Aqua Interval**  
Lap Pool

10:00 - 10:45 AM  
**SASS Stretch**  
Group Fitness Room

11:15 - 12:15 PM  
**Traditional Tai Chi**  
Group Fitness Room

3:30 - 4:30 PM  
**Intro to Yoga**  
Group Fitness Room

## FRIDAY

6:15 - 7:15 AM  
**Mat Class**  
Group Fitness Room

8:00 - 9:00 AM  
**Zumba**  
Group Fitness Room

9:15 - 10:15 AM  
**Qi Gong**  
Group Fitness Room

10:30 - 11:30 AM  
**Melt (roller required)**  
Group Fitness Room

11:45 - 1:00 PM  
**Strength, Balance & Stretch**  
Group Fitness Room

3:30 - 4:45 PM  
**Vinyasa Yoga**  
Group Fitness Room

## SATURDAY

\*Hours vary by season  
**Red Rock Run**  
Meet in Lobby of Resort

7:45 - 9:00 AM  
**Meridian Yoga**  
Group Fitness Room

9:15 - 10:15 AM  
**Zumba**  
Group Fitness Room

10:30 - 11:30 AM  
**Pilates**  
Group Fitness Room