

Fitness & Events Calendar - June 28th to August 3rd

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|--|--|---|---|---|---|
| <p>■ Sunrise Yoga ES 7:00 am – 8:00 am</p> <p>*Create Your Own Body Scrub ES 10:00 am – 12:00 pm</p> <p>*S'mores TP 5:00 pm – 10:00 pm</p> | <p>■ Rip Fit WP 6:00 am – 7 am</p> <p>■ Sunrise Yoga ES 7:00 am – 8:00 am</p> <p>■ Kettle Bells SF 8:00 am – 8:50 am</p> <p>■ *Golf Coaching SG 1:00 pm – 2:30 pm</p> <p>Happy Hour Bingo BW 4:00 pm – 5:00 pm</p> <p>*S'mores TP 5:00 pm – 10:00 pm</p> | <p>■ Sunrise Yoga ES 7:00 am – 8:00 am</p> <p>Snack Pack Bar LL Build your own trail mix. 9:00 am – 10:00 am</p> <p>■ *Golf Clinic SG 1:00 pm – 2:00 pm</p> | <p>■ Rip Fit WP 6:00 am – 7 am</p> <p>■ Sunrise Yoga ES 7:00 am – 8:00 am</p> <p>■ Interval Training SF 8:00 am – 9:00 am</p> <p>*Create Your Own Body Scrub ES 10:00 am – 12:00 pm</p> <p>*Yappy Hour TP 3:00 pm – 5:00 pm</p> <p>Happy Hour Bingo BW 4:00 pm – 5:00 pm</p> <p>*S'mores TP 5:00 pm – 10:00 pm</p> | <p>■ Zumba SF 8:00 am – 9:00 am</p> <p>■ Yoga SF 3:30 pm – 4:45 pm</p> <p>Summer Cocktail Tasting SR 3:00 pm – 4:00 pm</p> <p>*S'mores TP 5:00 pm – 11:00 pm</p> <p>Live Music 6:00 pm – 10:00 pm</p> <p>Star Gazing TP 7:30 pm – 9:00 pm</p> | <p>■ Sunrise Yoga ES 7:00 am – 8:00 am</p> <p>■ Zumba SF 9:15 am – 10:15 am</p> <p>*Create Your Own Body Scrub ES 10:00 am – 12:00 pm</p> <p>*S'mores TP 5:00 pm – 11:00 pm</p> <p>Story Time with Mother Nature LL 6:00 pm – 6:30 pm</p> <p>Live Music 6:00 pm – 10:00 pm</p> <p>Family Movies & Game Night – start time varies</p> | <p>■ Sunrise Yoga ES 7:00 am – 8:00 am</p> <p>■ Total Body Conditioning SF 8:00 am – 9:00 am</p> <p>*S'mores TP 5:00 pm – 10:00 pm</p> |

LOCATION KEY

LL = Lower Resort Lobby | ST = Spa Tennis Court | SF = Spa Group Fitness Room | WP = Warrior Pit | SG = Sedona Golf Resort
 ES = eForea Spa | SR = ShadowRock Tap+ Table | TP = The Porch | BW = Blue Water Café

FITNESS CLASSES

- **Family Stretch**
Gentle stretching of the whole body for all ages and fitness levels.
- ***Golf Clinic**
\$15 per person. Advance reservations are required by calling +1928 3013328. Complimentary shuttle available to and from the resort.
- ***Golf Coaching**
\$25 per person. Advance reservations are required by calling +1928 3013328. Complimentary shuttle available to and from the resort.
- **Interval Training**
Full-body strength training combined with high intensity cardio bursts.
- **Kettlebells**
Get your heart rate up with cardio, strength and flexibility benefits.
- **Sunrise Yoga**
Find balance, strength and flexibility with traditional yoga poses. Includes a selection of complimentary snacks prior to class at 6:15 am.
- **Total Body Conditioning**
Improve muscle strength, tone and tighten with cardio and weight training movements.

- **Yoga**
Find balance, strength and flexibility with traditional yoga poses.
 - **Zumba**
Cardio dance class incorporating fast and slow dance moves to tone and sculpt.
- ***Fitness classes are complimentary unless otherwise noted.**

CLASS DIFFICULTY LEVEL

■ = High ■ = Moderate ■ = Low

EXPERIENCES

- ***Create Your Own Body Scrub**
Create your own scented body scrub from \$9.99 per person. Hosted by eForea Spa.
- ***S'mores**
Create your own ooey goeey S'mores for \$6.00 per person. Hosted by ShadowRock Tap+ Table.
- ***Yappy Hour**
Enjoy Happy Hour pricing and 50% off the Pet Pals menu. Hosted by ShadowRock Tap+ Table.
- ***Activities and events are complimentary unless otherwise noted.**