

September – February Events & Activities

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|--|--|---|--|---|--|
| <ul style="list-style-type: none"> ■ Sunrise Yoga ES 7:00 am – 8:00 am *Create Your Own Body Scrub ES 10:00 am - 12:00 pm *Happy Hour TP 3:00 pm - 6:00 pm *S'mores TP 5:00 pm - 10:00 pm | <ul style="list-style-type: none"> ■ Rip Fit WP 6:00 am – 7 am ■ Sunrise Yoga ES 7:00 am – 8:00 am ■ Kettlebells SF 8:00 am - 8:50 am *Golf Coaching SG Times are below *Happy Hour TP 3:00 pm - 6:00 pm ■ The Outdoor Drill SF 5:00 pm – 6:00 pm *S'mores TP 5:00 pm - 10:00 pm | <ul style="list-style-type: none"> ■ Sunrise Yoga ES 7:00 am – 8:00 am *Golf Clinic SG Times are below *Happy Hour TP 3:00 pm - 6:00 pm *S'mores TP 5:00 pm - 10:00 pm | <ul style="list-style-type: none"> ■ Rip Fit WP 6:00 am – 7 am ■ Sunrise Yoga ES 7:00 am – 8:00 am *Create Your Own Body Scrub ES 10:00 am - 12:00 pm *Yappy Hour TP 3:00 pm - 5:00 pm *Happy Hour TP 3:00 pm - 6:00 pm *S'mores TP 5:00 pm - 10:00 pm ■ The Outdoor Drill SF 5:00 pm - 6:00 pm | <ul style="list-style-type: none"> ■ Yoga SF 3:30 pm - 4:45 pm Cocktail Tasting UL 4:00 pm - 5:00 pm *Happy Hour TP 3:00 pm - 6:00 pm *S'mores TP 5:00 pm - 11:00 pm *Numerology LL 5:00 pm – 5:30 pm Live Music TP 6:30 pm - 8:30 pm Star Gazing TP 7:00 pm - 9:00 pm | <ul style="list-style-type: none"> ■ Sunrise Yoga ES 7:00 am – 8:00 am ■ Zumba SF 9:15 am - 10:15 am *Create Your Own Body Scrub ES 10:00 am - 12:00 pm *Happy Hour TP 3:00 pm - 6:00 pm *S'mores TP 5:00 pm - 11:00 pm Live Music 6:30 pm - 8:30 pm Family Movies & Game Night FD – location and time varies | <ul style="list-style-type: none"> ■ Sunrise Yoga ES 7:00 am – 8:00 am ■ Total Body Conditioning SF 8:00 am - 9:00 am *Happy Hour TP 3:00 pm - 6:00 pm *S'mores TP 5:00 pm - 10:00 pm *Numerology LL 5:00 pm – 5:30 pm |

LOCATION KEY

LL = Lower Resort Lobby | UL = Upper 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 | WP = Warrior Pit/Spa | FD = Resort Front Desk

FITNESS CLASSES

*Golf Clinic

\$15 per person. Advance reservations are required by calling +1 928 301 3328. Complimentary shuttle available to and from the resort.

September 9:00 am – 10:30 am
 October 10:00 am - 11:30am
 Nov. & Dec. 1:00 pm – 2:30pm

*Golf Coaching

\$25 per person. Advance reservations are required by calling +1 928 301 3328. Complimentary shuttle available to and from the resort.

September 9:00 am – 10:00 am
 October 10:00 am - 11:00am
 Nov. & Dec. 1:00 pm – 2:00pm

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.

Interval Training

Full-body strength training combined with high intensity cardio bursts.

Yoga

Find balance, strength and flexibility with traditional yoga poses.

Zumba

Cardio dance class incorporating fast and slow dance moves to tone and sculpt.

*Activities and events are complimentary unless noted with a blue asterisk.

CLASS DIFFICULTY LEVEL

■ = High ■ = Moderate ■ = Low

EXPERIENCES

*Numerology

Learn your numerology numbers and how they could affect your life. \$15 per person.

*Create Your Own Body Scrub

Create your own scented body scrub from \$9.99 per person. eForea Spa.

*S'mores

Create your own ooey gooey S'mores for \$6.00 per person. ShadowRock Tap + Table.

*Yappy Hour

Enjoy Happy Hour pricing and 50% off the Pet Pals menu. ShadowRock Tap + Table.