

# Holiday Season Events & Activities

MON	TUE	WED	THU	FRI	SAT	SUN
<p>■ <b>Yoga with Rudolph</b> ES 7:00 am – 8:00 am</p> <p>*<b>Create Your Own Holiday Body Scrub</b> ES 10:00 am - 12:00 pm</p> <p>*<b>Holly Jolly Happy Hour</b> TP 3:00 pm - 6:00 pm</p> <p>*<b>S'mores and More</b> TP 5:00 pm - 10:00 pm</p>	<p>■ <b>Santa's Rip Fit</b> WP 6:00 am – 7 am</p> <p>■ <b>Yoga with Rudolph</b> ES 7:00 am – 8:00 am</p> <p>■ <b>Kettlebells SF</b> SF 8:00 am - 8:50 am</p> <p>*<b>Golf Coaching SG</b> Times are below</p> <p>*<b>Holly Jolly Happy Hour</b> TP 3:00 pm - 6:00 pm</p> <p>■ <b>The Outdoor Drill</b> TP 5:00 pm – 6:00 pm</p> <p>*<b>S'mores and More TP</b> TP 5:00 pm - 10:00 pm</p>	<p>■ <b>Yoga with Rudolph ES</b> 7:00 am – 8:00 am</p> <p>*<b>Golf Clinic SG</b> Times are below</p> <p>*<b>Holly Jolly Happy Hour</b> TP 3:00 pm - 6:00 pm</p> <p>*<b>S'mores and More</b> TP 5:00 pm - 10:00 pm</p>	<p>■ <b>Santa's Rip Fit</b> WP 6:00 am – 7 am</p> <p>■ <b>Yoga with Rudolph</b> ES 7:00 am – 8:00 am</p> <p>*<b>Create Your Own Holiday Body Scrub</b> ES 10:00 am - 12:00 pm</p> <p>*<b>Yappy Hour</b> TP 3:00 pm - 5:00 pm</p> <p>*<b>Holly Jolly Happy Hour</b> TP 3:00 pm - 6:00 pm</p> <p>*<b>S'mores and More</b> TP 5:00 pm - 10:00 pm</p> <p>■ <b>The Outdoor Drill SF</b> 5:00 pm - 6:00 pm</p>	<p>■ <b>Yoga with Rudolph</b> SF 3:30 pm - 4:45 pm</p> <p><b>Apple Cider Welcome</b> LL 3:00 pm - 6:00 pm</p> <p>*<b>Holly Jolly Happy Hour</b> TP 3:00 pm - 6:00 pm</p> <p><b>Chestnuts &amp; Mulled Wine</b> TP 5:00 pm - 6:00 pm</p> <p>*<b>S'mores and More</b> TP 5:00 pm - 11:00 pm</p> <p><b>Live Music TP</b> 6:30 pm - 8:30 pm</p> <p><b>Star Gazing TP</b> 7:00 pm - 9:00 pm</p>	<p>■ <b>Yoga with Rudolph</b> ES 7:00 am – 8:00 am</p> <p>*<b>Create Your Own Holiday Body Scrub</b> ES 10:00 am - 12:00 pm</p> <p>*<b>Holly Jolly Happy Hour</b> TP 3:00 pm - 6:00 pm</p> <p><b>Cupids Hot Cocoa Bar</b> TP 3:00 pm - 4:00 pm</p> <p>*<b>S'mores and More TP</b> TP 5:00 pm - 11:00 pm</p> <p><b>Live Music</b> TP 6:30 pm - 8:30 pm</p> <p><b>Story time with Mrs. Claus</b> LL 6:30 pm - 7:00 pm</p> <p><b>Holiday Movies &amp; Game Night FD</b> – 7pm, location varies</p>	<p>■ <b>Yoga with Rudolph</b> ES 7:00 am – 8:00 am</p> <p>■ <b>Total Body Conditioning</b> SF 8:00 am - 9:00 am</p> <p>*<b>Breakfast with Santa</b> TP 8:00 am - 10:00 am</p> <p><b>Decorate an Ornament</b> TP 8:00 am - 10:00 am</p> <p>*<b>Holly Jolly Happy Hour</b> TP 3:00 pm - 6:00 pm</p> <p>*<b>S'mores and More TP</b> 5:00 pm - 10:00 pm</p>

## 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.

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.

Nov. & Dec. 1:00 pm – 2:00pm

### ■ Kettlebells

Get your heart rate up with cardio, strength and flexibility benefits.

### ■ Yoga with Rudolph

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.

### ■ Santa's Rip Fit

Combines suspension training and CoreX training. Improve strength, mobility and stability.

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

## CLASS DIFFICULTY LEVEL

■ = High   ■ = Moderate   ■ = Low

## EXPERIENCES

### \*Create Your Own Holiday Body Scrub

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

### \*S'mores and More

Create your own ooey goeey S'mores for \$6.00 per person. Offering seasonal option as well as a boozy S'more. ShadowRock Tap + Table.

■ **Yappy Hour** pricing and 50% off the Pet Pals menu. ShadowRock Tap + Table.