



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

- 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 gooeey S'mores for \$6.00 per person. Offering seasonal option as well as a boozy S'more.
ShadowRock Tap + Table.
- *Yappy Hour**
Enjoy Happy Hour pricing and 50% off the Pet Pals menu.
ShadowRock Tap + Table.

