

# Winter Events & Activities

MON	TUE	WED	THU	FRI	SAT	SUN
<ul style="list-style-type: none"> <li>■ Sunrise Yoga ES 7:00 am – 8:00 am</li> <li>*Create Your Own Body Scrub ES 10:00 am - 12:00 pm</li> <li>*Happy Hour TP 3:00 pm - 6:00 pm</li> <li>*S'mores TP 5:00 pm - 10:00 pm</li> </ul>	<ul style="list-style-type: none"> <li>■ Rip Fit WP 6:00 am – 7 am</li> <li>■ Sunrise Yoga ES 7:00 am – 8:00 am</li> <li>■ Kettlebells SF 8:00 am - 8:50 am</li> <li>■ *Golf Coaching SG 1:00 pm – 2:00 pm</li> <li>*Happy Hour TP 3:00 pm - 6:00 pm</li> <li>■ The Outdoor Drill SF 5:00 pm – 6:00 pm</li> <li>*S'mores TP 5:00 pm - 10:00 pm</li> </ul>	<ul style="list-style-type: none"> <li>■ Sunrise Yoga ES 7:00 am – 8:00 am</li> <li>■ *Golf Clinic SG 1:00pm – 2:30pm</li> <li>*Happy Hour TP 3:00 pm - 6:00 pm</li> <li>*S'mores TP 5:00 pm - 10:00 pm</li> </ul>	<ul style="list-style-type: none"> <li>■ Rip Fit WP 6:00 am – 7 am</li> <li>■ Sunrise Yoga ES 7:00 am – 8:00 am</li> <li>*Create Your Own Body Scrub ES 10:00 am - 12:00 pm</li> <li>*Yappy Hour TP 3:00 pm - 5:00 pm</li> <li>*Happy Hour TP 3:00 pm - 6:00 pm</li> <li>*S'mores TP 5:00 pm - 10:00 pm</li> <li>■ The Outdoor Drill SF 5:00 pm - 6:00 pm</li> </ul>	<ul style="list-style-type: none"> <li>■ Yoga SF 3:30 pm - 4:45 pm</li> <li>Cocktail Tasting UL 4:00 pm - 5:00 pm</li> <li>*Happy Hour TP 3:00 pm - 6:00 pm</li> <li>*S'mores TP 5:00 pm - 11:00 pm</li> <li>*Numerology LL 5:00 pm – 5:30 pm</li> <li>Live Music TP 6:30 pm - 8:30 pm</li> <li>Star Gazing TP 7:00 pm - 9:00 pm</li> </ul>	<ul style="list-style-type: none"> <li>■ Sunrise Yoga ES 7:00 am – 8:00 am</li> <li>■ Zumba SF 9:15 am - 10:15 am</li> <li>*Create Your Own Body Scrub ES 10:00 am - 12:00 pm</li> <li>*Happy Hour TP 3:00 pm - 6:00 pm</li> <li>*S'mores TP 5:00 pm - 11:00 pm</li> <li>Live Music 6:30 pm - 8:30 pm</li> <li>Family Movies &amp; Game Night FD – location and time varies</li> </ul>	<ul style="list-style-type: none"> <li>■ Sunrise Yoga ES 7:00 am – 8:00 am</li> <li>■ Total Body Conditioning SF 8:00 am - 9:00 am</li> <li>*Happy Hour TP 3:00 pm - 6:00 pm</li> <li>*S'mores TP 5:00 pm - 10:00 pm</li> <li>*Numerology LL 5:00 pm – 5:30 pm</li> </ul>

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

■ 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

\*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.