


Tocasierra Fitness Centre Movement Room Schedule for the Month of January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 HAPPY NEW YEAR! 9 a.m. Tai Chi (Don) Fitness Centre Hrs: 8 am - 4 pm	2 8 a.m. Kundalini Yoga (Lauren) 9 a.m. Strength & Sculpt (Vicki) 5:30 - 7 p.m. Abs, Weights & Stretch (John)	3 7:45 a.m. Yoga/Stretch (Lauren) 9 a.m. Circuit Boot Camp (Sarah) 5:30 p.m. Yoga (Brenda) 6:30 p.m. Cardio Sculpt (John)	4 8 a.m. Kundalini Yoga (Lauren) 9 a.m. Strength & Sculpt (Vicki) 5:30 p.m. Fusion Belly Dance (Kesha) 6:30 p.m. Circuit Boot Camp (Sarah)	5 8 a.m. Sculpting on the Ball (Vicki) 9 a.m. Belly Dancing (Kesha) 5:30 p.m. Power Flow Yoga (Dena) 6:30 p.m. Cardio Core (John)	6 8 a.m. Yoga Workshop (Sherry) 9 a.m. Cardio & Stretch (Vicki)	7 7 a.m. Mat Pilates (Sarah) 8 a.m. Step It Up (John) 9:30 a.m. Lunar Cycle Yoga (Sherry)
8 9 a.m. Yogalates (Brenda)	9 8 a.m. Kundalini Yoga (Lauren) 9 a.m. Strength & Sculpt (Vicki) 5:30 - 7 p.m. Abs, Weights & Stretch (John)	10 7:45 a.m. Yoga/Stretch (Lauren) 9 a.m. Circuit Boot Camp (Sarah) 5:30 p.m. Yoga (Brenda) 6:30 p.m. Cardio Sculpt (John)	11 8 a.m. Kundalini Yoga (Lauren) 9 a.m. Strength & Sculpt (Vicki) 5:30 p.m. Fusion Belly Dance (Kesha) 6:30 p.m. Circuit Boot Camp (Sarah)	12 8 a.m. Sculpting on the Ball (Vicki) 9 a.m. Belly Dancing (Kesha) 5:30 p.m. Power Flow Yoga (Sarah) 6:30 p.m. Cardio Core (John)	13 8 a.m. Yoga Workshop (Sherry) 9 a.m. Cardio & Stretch (Vicki)	14 7 a.m. Mat Pilates (Sarah) 8 a.m. Zumba (Vicki) 9:30 a.m. Lunar Cycles Yoga (Sherry)
15 10 a.m. Yogalates (Dena)	16 8 a.m. Kundalini Yoga (Lauren) 9 a.m. Strength & Sculpt (Vicki) 5:30 - 7 p.m. Abs, Weights & Stretch (John)	17 7:45 a.m. Yoga/Stretch (Lauren) 9 a.m. Circuit Boot Camp (Sarah) 5:30 p.m. Yoga (Dena) 6:30 p.m. Cardio Sculpt (John)	18 8 a.m. Kundalini Yoga (Lauren) 9 a.m. Strength & Sculpt (Vicki) 5:30 p.m. Fusion Belly Dance (Kesha) 6:30 p.m. Circuit Boot Camp (Sarah)	19 8 a.m. Sculpting on the Ball (Vicki) 9 a.m. Belly Dancing (Kesha) 5:30 p.m. Power Flow Yoga (Dena) 6:30 p.m. Cardio Core (John)	20 8 a.m. Yoga Workshop (Sherry) 9 a.m. Cardio & Stretch (Vicki)	21 8 a.m. Step It Up (John) 9:30 a.m. Lunar Cycle Yoga (Sherry)
22 10 a.m. Yogalates (Dena)	23 8 a.m. Kundalini Yoga (Lauren) 9 a.m. Strength & Sculpt (Vicki) 5:30 - 7 p.m. Abs, Weights & Stretch (John)	24 7:45 a.m. Yoga/Stretch (Lauren) 8 a.m. Circuit Boot Camp (Sarah) 5:30 p.m. Yoga (Dena) 6:30 p.m. Cardio Sculpt (John)	25 8 a.m. Kundalini Yoga (Lauren) 9 a.m. Strength & Sculpt (Vicki) 5:30 p.m. Fusion Belly Dance (Kesha) 6:30 p.m. - Circuit Boot Camp (Sarah)	26 8 a.m. Sculpting on the Ball (Vicki) 9 a.m. Belly Dancing (Kesha) 5:30 p.m. Power Flow Yoga (Dena) 6:30 p.m. Cardio Core (John)	27 8 a.m. Yoga Workshop (Sherry) 9 a.m. Cardio & Stretch (Vicki)	28 7 a.m. Mat Pilates (Sarah) 8 a.m. Zumba (Vicki) 9:30 a.m. Lunar Cycles Yoga (Sherry)
29 10 a.m. Yogalates (Dena)	30 8 a.m. Kundalini Yoga (Lauren) 9 a.m. Strength & Sculpt (Vicki) 5:30 - 7 p.m. Abs, Weights & Stretch (John)	31 7:45 a.m. Yoga/Stretch (Lauren) 9 a.m. Circuit Boot Camp (Sarah) 5:30 p.m. Yoga (Dena) 6:30 p.m. Cardio Sculpt (John)	<h1 style="font-size: 4em; margin: 0;">2012</h1>		Fitness Centre Hours Monday - Friday: 5 a.m. - 9 p.m. Saturday & Sunday: 6 a.m. - 8 p.m.	 All classes are 50 minutes unless otherwise noted. Please feel free to call: 602-906-3820

Fitness Class Descriptions

There is a \$6.00 charge per class for resort guests.

Kundalini Yoga - Combines conscious breathing, guided movement, meditation, simple postures, stretching, sequence, rhythm, and sound to affect one's metabolism.

Yogalates - An upbeat class that combines the slow controlled breathing and stretching of yoga with the core tightening and strengthening of Pilates.

Kick-Boxing, Gluts & Abs - Is a cardiovascular class which combines elements of Boxing, Martial Arts and Aerobics for overall physical conditioning and toning. This class introduces basic movements with a focus on safe, effective execution.

Cardio Sculpt - A high energy workout incorporating creative combinations on a step platform.

Strength & Sculpt - This class uses cardio to warm up and then moves on to target specific muscles using bands, balls and weights. This class will build strength and teach proper alignment as well as good posture while offering you a great total body workout.

Zumba - Is a high energy Latin Dance Aerobics class that blends Salsa, Samba, Cumbia and Bahiliwood music and moves to burn fat and tone your tummy.

Power Flow Yoga - Improve your strength, balance, flexibility and focus with All Levels Flow. A fun mixture of standing, seated and inverted postures will leave you feeling strong and enlivened yet calm and focused. This alignment-based flow class is suitable for all levels.

Cardio Core - A total body workout stimulating cardiovascular fitness through active step and floor aerobics, sport conditioning, ball and circuit activities.

Lunar Yoga - In alignment with the lunar cycle and the zodiac sign the moon rests in for that particular day the yoga practice revolves around the body parts affiliated with the sign of the day. As the pace of the class ebbs and flows with the lunar cycle, during new moons anticipate a slower and more contemplative practice. Expect a more spirited practice around the full moons. This class always begins with a brief teaching and a guided meditation, so please plan to come a few minutes early, so as not to interrupt the experience.

Yoga/Stretch - Postures, asanas, are broken down to focus on developing correct breathing and alignment, may include some use of straps, and hands-on adjustments from the instructor. Strong attention to detail. Pace of the class is slow to allow a thorough understanding of all dynamics of yoga. Great for beginners or anyone looking to delve deeper into their yoga practice.



Located at the Pointe Hilton
Squaw Peak Resort
7677 North 16th Street,
Phoenix, Arizona 85020

Tocasierka
Spa & Fitness
www.tocasierkaspa.com
602-906-3820

