



## Fitness Programming

### Monday

- 7:00 am Energizing Aromatherapy Yoga and Guided Mindful Meditation
- 5:30 pm Athletic Conditioning
- 6:30 pm WERQ Dance Fitness

### Tuesday

- 7:00 am Shred\*
- 7:30 am Hatha Yoga
- 12:15 pm Mat Pilates
- 5:30 pm Kettlebell Burn
- 6:30 pm Restorative Yoga

### Wednesday

- 7:00 am Vinyasa Core Yoga
- 6:00 pm Total Body Conditioning
- 6:30 pm Yoga & Pilates Blend

### Thursday

- 7:00 am Shred\*
- 7:30 am Power Yoga
- 12:15 pm Midday Yoga Renewal
- 6:00 pm Mat Pilates

### Friday

- 7:00 am Energizing Aromatherapy Yoga and Guided Mindful Meditation
- 12:15 pm Mat Pilates
- 6:00 pm 4th Friday Fitness Feature (held the 4th Friday of each month)

### Saturday

- 9:00 am Weekend Warrior Body Conditioning
- 10:00 am Energizing Aromatherapy Yoga and Guided Mindful Meditation

Personal training may be arranged for a customized one-on-one workout. A 50-minute session is \$105 for Chuan Spa & Health Club members and \$125 for hotel guests and non-members.

Each of the above 45-minute classes is \$30 for non-members. Please enroll at the Spa & Health Club Concierge Desk fifteen minutes prior to start time.

\*Class meets in fitness center area. All other sessions meet in the studio.



# Group Fitness Class Descriptions

## **Energizing Aromatherapy Yoga and Guided Mindful Meditation\***

This athletic based vinyasa-style class balances the mind and relaxes the body through music, hands-on assistance and meditative techniques.

## **Athletic Conditioning**

Full body conditioning combined with the performance training protocols of elite athletes provides an intense workout. This balance of cardio and weightlifting exercises leads to a slim body and better defined muscles.

## **WERQ Dance Fitness**

The wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat.

## **Shred**

Created to shape, tone and tighten in the shortest amount of time, class intensity increases as the class progresses. Using Time Under Tension™ and Mechanical Efficiency Training™, your body continues burning calories up to 48 hours following your workout.

## **Hatha Yoga\***

Postures are designed to align, strengthen and promote body flexibility with the integration of breathing and meditation techniques. This session emphasizes simplicity, repetition and ease of movement.

## **Mat Pilates\***

This routine uses an exercise mat and may include resistance rings, balls and bands. Traditional mat Pilates may be performed with body weight alone. The challenging workout provides great toning benefits—even without equipment.

## **Kettlebell Burn**

Combine cardio and strength training—prolonging calorie burn. Regular use of kettlebells reduces back, neck, and shoulder pain by strengthening core and upper body muscles.

## **Restorative Yoga**

This class flows through sun salutations and postures with the intent of slowly and gently building internal heat. Meditation and Pranayama (breath work) techniques are taught to promote relaxation. The class concludes with restorative yoga postures that settle the body and mind.

## **Vinyasa Yoga\***

Synchronize your movements with breathing to create a smooth transition from one pose to the next, in time with an inhale or exhale.

## **Total Body Conditioning**

Experience one of the most intense fitness experiences of your life. This class strengthens your muscles while challenging your cardio system.

## **Yoga & Pilates Blend**

Blend them together and speed it up – including your results – by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

## **Power Yoga\***

This fitness-based practice facilitates detoxification and promotes a sense of energy and empowerment. Designed to be a workout, this athletic style of yoga is inspired by the more traditional ashtanga yoga system.

## **Mid-Day Yoga Renewal\***

Take a break from work and reap the benefits of deep stretches designed to restore and revive the body for the remaining portion of the day.

## **Six Pack Attack**

This class hits all parts of your core, so it is great for all fitness levels. Intensity is the key to this abdominal workout, characterized by quickly moving from one exercise to the next—resting only as directed.

## **Weekend Warrior Body Conditioning**

This session combines full body conditioning with the sports performance training protocols of elite athletes. Start the weekend with a balance of cardio and weight resistance exercises to elevate athletic abilities.

\* “Noble Silence” observed — enter the studio in silence and prepare your mind and body for the class. Settle on your mat, inhale and exhale deeply while meditating.

Programming Powered in Partnership with Unicus Fitness.

