

YOGA PAVILION SCHEDULE

MARCH



RANCHO VALENCIA
resort & spa

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:45 – 8:45 RISE AND SHINE ERIKA			7:45 – 8:45 YOGA FLOW DEE		7:45 – 8:45 YOGA & MEDITATION ERIKA
9:00 – 10:00 POWER SCULPT BRITTANEE	9:00 – 10:00 POWER SCULPT (HEATED) LINDSEY	9:00 – 10:00 BARRE SCULPT DORY	9:00 – 10:00 POWER SCULPT ANGY	9:00 – 10:00 BARRE SCULPT DANIELLE	9:00 – 10:00 POWER SCULPT (HEATED) BRITTANEE	9:00 – 10:00 BARRE SCULPT OLGA
10:15 – 11:15 YOGA FLOW BRITTANEE	10:15 – 11:15 VINYASA FLOW LINDSEY	10:15 – 11:15 YOGA FLOW (HEATED) BRITTANEE	10:15 – 11:15 YOGA FLOW STACIE	10:15 – 11:15 YOGA FLOW (HEATED) ERIKA	10:15 – 11:15 YOGA FLOW BRITTANEE	10:15 – 11:15 YOGA FLOW ERIKA
11:30 – 12:30 ROLL WITH IT BRITTANEE	11:30 – 12:30 ROLL WITH IT ERIKA	11:30 – 12:30 DEEP STRETCH BRITTANEE	11:30 – 12:30 ROLL WITH IT NIKKI	11:30 – 12:30 DEEP STRETCH ERIKA	11:30 – 12:30 ROLL WITH IT BRITTANEE	
1:00 – 2:00 QI GONG MICHELLE	1:00 – 2:00 INTRO TO YOGA ERIKA					
4:15 – 5:30 YOGA & MEDITATION 75 MIN DEE				4:30 – 5:30 VINYASA FLOW AHLIA	4:00 – 5:00 GENTLE YOGA WITH SOUND HEALING VERONICA	4:15 – 5:30 YOGA & MEDITATION 75 MIN LYNN
	5:45 – 6:45 YOGA FLOW DEE	5:45 – 6:45 DEEP RESTORATIVE STRETCH JANIE	5:45 – 6:45 YOGA FLOW VERONICA			



YOGA CLASSES

YOGA FLOW (ROOM TEMPERATURE OR HEATED)

This class connects breath and movement in a seamless flow of postures that build strength and flexibility. Great for all levels.

DEEP RESTORATIVE STRETCH

This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. We use props such as blankets, blocks, bolsters and straps to support the postures, while gently stretching and strengthening the body. All levels welcome.

POWER SCULPT (ROOM TEMPERATURE, WARM OR HEATED)

Our Power Sculpt class mixes calisthenics and body weight exercises with cardio and strength training. Designed to be different all the time, so be prepared for some high intensity training!

ROLL WITH IT

This practice combines foam rolling techniques with the balance and release of yoga asana. Available to all fitness levels and designed to bring balance and resilience back into your body and life.

BARRE SCULPT

A fun, fat burning workout! Fusing yoga, sculpt and ballet this highly effective class will reshape and sculpt your body promoting long, lean muscles. Get ready to move your booty and feel a burn!

YOGA & MEDITATION (75 MINUTES)

Guided by inspirational instructors through breath, body & mind, this 75-minute yoga and meditation combination is perfect for creating balance and clarity. All levels welcome.

GENTLE YOGA WITH SOUND HEALING

Experience a gentle flow that will help you build strength and awareness about pose alignment. Class ends with a peaceful savasana through sound healing vibrations from Tibetan singing bowls played by the instructor. You will leave feeling relaxed and rejuvenated!

QI GONG

Qi Gong is the technique of using energy to heal the body. This moving meditation coordinates body postures rooted in martial arts training and breath control to promote health and spirituality.

RISE AND SHINE

This class combines light cardio and weights with yoga to give you an amazing total body workout that is sure to set your day in the right direction.

INTRO TO YOGA

This class makes yoga accessible to everyone regardless of experience, age or flexibility. It is slower paced than an all-levels class and focuses on developing clear and safe alignment in foundational poses.

