

NOVEMBER YOGA SCHEDULE

Yoga Pavilion



RANCHO VALENCIA
resort & spa

*All classes require advance registration, please contact Spa Reservations at 858.759.6490

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			7:30 – 8:30 RISE AND SHINE LINDSEY		7:30 – 8:30 YOGA & MEDITATION ANNA	
8:45 – 9:45 POWER SCULPT BRITTANEE	8:45 – 9:45 POWER SCULPT LINDSEY	8:45 – 9:45 BARRE SCULPT DORY	8:45 – 9:45 HIIT LAUREN	8:45 – 9:45 BARRE SCULPT OLGA	8:45 – 9:45 POWER SCULPT ANNA	8:45 – 9:45 BARRE SCULPT DANIELLE
10:15 – 11:15 YOGA FLOW BRITTANEE	10:15 – 11:15 VINYASA FLOW LINDSEY	10:15 – 11:15 YOGA FLOW AHLIA	10:15 – 11:15 YOGA FLOW LAUREN	10:15 – 11:15 YOGA FLOW AHLIA	10:15 – 11:15 YOGA FLOW ANNA	10:15 – 11:15 YOGA FLOW JACOB
11:30 – 12:30 ROLL WITH IT BRITTANEE		11:30 – 12:30 DEEP STRETCH AHLIA	11:30 – 12:30 ROLL WITH IT LAUREN	11:30 – 12:30 DEEP STRETCH AHLIA	11:30 – 12:30 ROLL WITH IT ANNA	11:30 – 12:30 DEEP STRETCH JACOB
1:00 – 2:00 QI GONG MICHELLE						
4:15 – 5:30 YOGA & MEDITATION 75 MIN JACOB	4:30 – 5:30 FUSION FIT DEE			4:15 – 5:15 VINYASA FLOW AHLIA	4:15 – 5:30 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 ANNA	5:45 – 6:45 YOGA FLOW VERONICA			



YOGA CLASSES

YOGA FLOW

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

DEEP STRETCH

This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. All while gently stretching and strengthening the body. All levels welcome.

POWER SCULPT

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!

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.

HIIT

A total body workout combining full body strength and conditioning with high intensity interval training and cardio bursts, followed by short periods of active recovery. Designed to tone the body, build endurance, strengthen your core, and general strength.

FUSION FIT

A fusion of cardio, Pilates, strength training and yoga. This gentler approach to sculpting the body is designed to build bone density and muscle mass with less impact on your joints.

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.

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.

CANCELLATION and NO SHOW POLICY

All classes require advance registration via Mindbody online. You can register for class online or by calling the spa directly at (858)759-6490. We require 24 hour notice on all cancellations to avoid being charged a \$35 cancellation fee. We utilize cancellation policies to ensure all guests who would like to participate in specific activities are able to do so. No cancellation penalties will be incurred if you are feeling ill. We ask that you stay home if you are experiencing any symptoms

