

# NOVEMBER YOGA SCHEDULE



RANCHO VALENCIA  
resort & spa

## Yoga Pavilion

\*All classes require advance registration, please contact Fitness Concierge 858-759-6258. fitness@ranchovalencia.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:00-9:00 SCULPT 'N' STRIDE *NATURE FIT ANNA	7:30 – 8:30 RISE AND SHINE LAUREN	8:00-9:00 SCULPT 'N' STRIDE *NATURE FIT ANNA	7:30 – 8:30 YOGA & MEDITATION ANNA	
8:45 – 9:45 POWER SCULPT MEGAN	8:45 – 9:45 POWER SCULPT LINDSEY	8:45 – 9:45 BARRE SCULPT DORY	8:45 – 9:45 HIIT LAUREN	8:30-9:15 TOTAL BODY STRENGTH LYNN	8:45 – 9:45 POWER SCULPT ANNA	8:45 – 9:45 BARRE SCULPT MEGAN
					10:00-11:00 ROOT TO RISE *NATURE FIT VERONICA	
10:15– 11:15 YOGA FLOW JACOB	10:15– 11:15 VINYASA FLOW LINDSEY	10:15 – 11:15 YOGA FLOW AHLIA	10:15– 11:15 YOGA FLOW MORGAN	10:15 – 11:15 YOGA FLOW AHLIA	10:15– 11:15 YOGA FLOW ANNA	10:15– 11:15 YOGA FLOW ERIKA
11:30– 12:30 ROLL WITH IT JACOB	11:30 – 12:30 FUSION FIT MEGAN	11:30– 12:30 DEEP STRETCH AHLIA	11:30– 12:30 ROLL WITH IT MORGAN	11:30– 12:30 DEEP STRETCH AHLIA	11:30– 12:30 ROLL WITH IT ANNA	11:30– 12:30 DEEP STRETCH ERIKA
12:45 – 2:00 YOGA & MEDITATION JACOB	12:45– 1:45 YOGA FLOW MEGAN	1:30-2:30 YOGA FLOW DEE	1:00-2:00 QI GONG JESSE *offered 11/10 and 11/24	12:45-1:45 VINYASA FLOW AHLIA	1:00-2:00 SOUNDBATH MEDITATION VERONICA	12:45 – 2:00 YOGA & MEDITATION JACOB
					2:15 – 3:30 GENTLE YOGA WITH SOUND HEALING VERONICA	
	5:30- 6:30 YOGA FLOW MEGAN		5:30- 6:30 SOUNDBATH MEDITATION VERONICA	5:30- 6:30 YOGA FLOW VERONICA		



### 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/ROLL WITH IT

This practice is designed to restore the nervous system and combine foam rolling techniques to help release deeply held tensions in the body and mind, while gently stretching and strengthening the body.

### 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.

### HIIT

A full body workout combining strength and conditioning with high intensity interval training and cardio bursts, followed by short periods of active recovery.

### 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.

### TOTAL BODY STRENGTH

This 45-minute class incorporates the best of both worlds for maximum results. HIIT-short timed bursts of exercise with short recovery periods to burn fat, improve heart health and agility with longer periods of STRENGTH training to build muscle. Expect to use heavier weights. Modifications given for all fitness levels.

### 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

### 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!

### 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.

\*NATURE FIT- classes will meet outside the Tennis Pro Shop

\*SCULPT N STRIDE your way throughout our nature trail in an outdoor boot camp style class incorporating a variety of strength, HIIT, and Cardio exercises

\*ROOT TO RISE- Connect with the elemental energy of mother nature in our Root to Rise walking breathwork and nature flow class- exploring various spots on our beautiful grounds and culminating in a meditation beside our cascading waterfall

### SOUNDBATH MEDITATION

The unique healing vibrations of Tibetan singing bowls are known to have calming effects on the body, mind, and spirit. Unwind in a sound bath after a grounding meditation that will leave you feeling relaxed and at peace Other healing instruments may be incorporated such as chimes, crystal bowl, and gong

### CANCELATION and NO SHOW POLICY

All classes require advance registration via the RV Fitness App or by calling the spa directly at (858)759-6490. We require 24 hour notice on all cancellations to avoid a \$35 cancellation fee. We utilize cancellation policies to ensure all guests who would like to participate 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

