

# NOVEMBER YOGA SCHEDULE

## Yoga Pavilion



RANCHO VALENCIA  
resort & spa

\*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 BREATHE & FLOW ANNA	
				8:00-8:45 TOTAL BODY STRENGTH LYNN		
8:45 – 9:45 POWER SCULPT MADDIE	8:45 – 9:45 POWER SCULPT BRITTANEE	8:45 – 9:45 BARRE SCULPT DORY	8:45 – 9:45 HIIT LAUREN	9:00-9:50 BARRE SCULPT DORY	8:45 – 9:45 POWER SCULPT ANNA	8:45 – 9:45 BARRE CARDIO BRITTANEE
10:15– 11:15 YOGA FLOW MEGAN	10:15– 11:15 VINYASA BRITTANEE	10:15 – 11:15 YOGA FLOW AHLIA	10:15– 11:15 YOGA FLOW BRITTANEE	10:15 – 11:15 YOGA FLOW AHLIA	10:15– 11:15 VINYASA ANNA	10:15– 11:15 YOGA FLOW BRITTANEE
					11:00-12:00 ROOT TO RISE *NATURE FIT DEE	
11:30– 12:30 ROLL WITH IT BRITTANEE	11:30 – 12:30 FUSION FIT MEGAN	11:30– 12:30 DEEP STRETCH AHLIA	11:30– 12:30 ROLL WITH IT BRITTANEE	11:30– 12:30 DEEP STRETCH AHLIA	11:30– 12:30 ROLL WITH IT ANNA	11:30– 12:30 DEEP STRETCH BRITTANEE
12:45 – 2:00 YOGA & MEDITATION BRITTANEE	12:45– 1:45 YOGA FLOW MEGAN		1:00-2:00 TAI CHI/QI GONG JESSE *offered 11/8 and 11/22	12:45-1:45 GENTLE YOGA AHLIA		12:45 – 2:00 YOGA & MEDITATION BRITTANEE
		4:30-5:15 FUSION FIT BRITTANEE		4:30-5:15 FUSION FIT DEE	4:15-5:15 SOUNDBATH MEDITATION LOTTE	
	5:30- 6:30 YOGA FLOW MEGAN	5:30- 6:30 THERAGUN PERCUSSIVE STRETCH BRITTANEE	5:30- 6:30 CRYSTAL ALCHEMY SOUNDBATH KINSEY	5:30- 6:30 YOGA FLOW DEE		



### **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 levels

### **TAI CHI/QI GONG**

Using the technique of channeling energy and breath to heal the body, this versatile practice enhances balance and cognitive function while promoting heart health and reducing stress- making it a valuable tool to maintain well-being. This moving meditation encompasses self-defense technique and spiritual enlightenment for a holistic approach to personal growth.

### **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 uplifting energy of mother nature in our Root to Rise nature yoga flow class. Explore various spots on our beautiful walking trail while connecting with the nature of your own breath and yoga postures. Includes a meditation beside our cascading waterfall.

### **SOUNDBATH MEDITATION/CRYSTAL ALCHEMY SOUNDBATH**

The unique healing vibrations of Tibetan singing bowls are known to have calming effects on the body. Crystal alchemy singing bowls are unique instruments because they are infused with gemstones, minerals, earth substances, and precious metals which are amplified through the quartz, creating alchemy frequencies which are deeply transformational. Based on ancient healing techniques, these vibrations work on a cellular level. 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 and gong.

### **THERAGUN PERCUSSIVE STRETCH**

Percussion stretch therapy targets muscles, connective tissue, tendons, ligaments, and joints, all of which work together to aid mobility. Our instructor will take you through a series of stretches aided by percussive therapy with a Theragun pro. When combined, there are many health benefits of percussion stretch therapy apart from relaxing muscles and alleviating pain. These include increased mobility, improved sleep, and improved immunity. Regardless of your fitness level, improved flexibility and mobility can help with strength, power, agility and endurance so you can do more of what you love.

### **BREATHE and FLOW**

This class begins with a 20-minute exploration into the art of breathwork to oxygenate the body and open the heart. A slow flow Yoga practice follows to leave you rejuvenated and renewed for the day ahead

### **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.

