

# DECEMBER YOGA SCHEDULE **YOGA PAVILLION**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			7:30 – 8:30 RISE AND SHINE BREA		7:30 – 8:30 BREATHE & FLOW BRITTANEE	
		8:00-8:45 SCULPT 'N' STRIDE *NATURE FIT DORY		8:00 – 8:45 TOTAL BODY STRENGTH LYNN		
8:45 – 9:45 POWER SCULPT MADDIE	8:45 – 9:45 POWER SCULPT SYLVIA	9:00 – 9:50 BARRE SCULPT DORY	8:45 – 9:45 HIIT NICOLE	9:00 – 9:50 BARRE SCULPT DORY	8:45 – 9:45 POWER SCULPT BRITTANEE	8:45 – 9:45 BARRE SCULPT KENNA
10:15 – 11:15 YOGA FLOW MADDIE	10:15 – 11:15 VINYASA SYLVIA	10:15 – 11:15 YOGA FLOW MALIN	10:15 – 11:15 YOGA FLOW BRITTANEE	10:15 – 11:15 INTAKE BREATHWORK MALIN	10:15 – 11:15 VINYASA BRITTANEE	10:15 – 11:15 YOGA FLOW BRITTANEE
11:30 – 12:30 ROLL WITH IT MADDIE	11:30 – 12:30 FUSION FIT BRITTANEE	11:30 – 12:30 DEEP STRETCH MALIN	11:30 – 12:30 ROLL WITH IT BRITTANEE	11:30 – 12:30 DEEP STRETCH MALIN	11:00 – 12:00 ROOT TO RISE *NATURE FIT MADDIE	11:30 – 12:30 DEEP STRETCH BRITTANEE
12:45 – 2:00 YOGA & MEDITATION BREA	12:45 – 1:45 YOGA FLOW BRITTANEE			12:45 – 1:45 GENTLE YOGA MALIN	11:30 – 12:30 ROLL WITH IT BRITTANEE	12:45 – 2:00 YOGA & MEDITATION BRITTANEE
	2:00 – 3:30 INVERSION WORKSHOP MALIN *offered 12/29		1:00 – 2:00 TAI CHI/QI GONG JESSE *offered 12/3, 12/17 & 12/31			
	4:00 – 5:00 INTAKE BREATHWORK MALIN	4:30 – 5:15 FUSION FIT BRITTANEE		4:15 – 5:15 THERAGUN PERCUSSIVE STRETCH LYNN	4:15 – 5:15 SOUNDBATH MEDITATION LOTTE	
	5:30 – 6:30 SOUNDBATH MEDITATION VERONICA	5:30 – 6:30 THERAGUN PERCUSSIVE STRETCH BRITTANEE	5:30 – 6:30 CRYSTAL ALCHEMY SOUNDBATH KINSEY	5:30 – 6:30 YOGA FLOW LYNN		

# DECEMBER YOGA SCHEDULE

## Yoga Pavillion



RANCHO VALENCIA  
resort & spa

### 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 every 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 your 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 bootcamp 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.

### 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, leaving you rejuvenated and renewed for the day ahead.

### INTAKE BREATHWORK

A guided breathwork experience using the RhythmReset method, this session blends rhythmic breathing with curated music, gentle holds, and breath led awareness to shift energy and promote deep internal calm. To enhance the experience, Intake magnetic nasal bands are offered to support optimal airflow and ease.

### 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 gongs.

### 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.

### CANCELLATION 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.

**\*All classes require advance registration, please contact Fitness Concierge 858-759-6258, [fitness@ranchovalencia.com](mailto:fitness@ranchovalencia.com).**

# DECEMBER PILATES SCHEDULE PILATES STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:00 – 6:50 ADVANCED REFORMER PILATES HEATHER		6:00 – 6:50 ADVANCED REFORMER PILATES NIKKI	
	7:00 – 7:50 ADVANCED REFORMER PILATES NIKKI	7:00 – 7:50 ADVANCED REFORMER PILATES HEATHER	7:00 – 7:50 ADVANCED REFORMER PILATES NIKKI		7:00 – 7:50 INTERMEDIATE TOWER/MAT PILATES NIKKI	
	8:00 – 8:50 ADVANCED REFORMER PILATES NIKKI	8:00 – 8:50 INTERMEDIATE TOWER/MAT PILATES MARIANN	8:00 – 8:50 ADVANCED REFORMER PILATES NIKKI	8:00 – 8:50 INTERMEDIATE MAT PILATES DANIELLE	8:00 – 8:50 ADVANCED REFORMER PILATES DANIELLE	8:00 – 8:50 INTERMEDIATE REFORMER PILATES MARIANN
9:00 – 9:50 INTERMEDIATE MAT PILATES MARIANN	9:00 – 9:50 INTERMEDIATE REFORMER PILATES NIKKI	9:00 – 9:50 ADVANCED REFORMER PILATES MARIANN	9:00 – 9:50 INTERMEDIATE REFORMER PILATES NIKKI	9:00 – 9:50 INTERMEDIATE REFORMER PILATES DANIELLE	9:00 – 9:50 INTERMEDIATE REFORMER PILATES DANIELLE	9:00 – 9:50 ADVANCED REFORMER PILATES MARIANN
10:00 – 10:50 INTERMEDIATE MAT PILATES MARIANN	10:00-10:50 INTERMEDIATE TOWER/MAT PILATES NIKKI	10:00 – 10:50 INTERMEDIATE REFORMER PILATES MARIANN	10:00 – 10:50 BEGINNER REFORMER PILATES JAMIE	10:00 – 10:50 INTERMEDIATE REFORMER PILATES DANIELLE	10:00 – 10:50 INTERMEDIATE TOWER/MAT PILATES SUZANNE	10:00-10:50 INTERMEDIATE REFORMER PILATES MARIANN
11:00 – 11:50 ADVANCED REFORMER MARIANN		12:00 – 12:50 INTERMEDIATE MAT PILATES SUZANNE	11:00 – 11:50 INTERMEDIATE TOWER/MAT PILATES JAMIE	11:00 – 11:50 ADVANCED TOWER/MAT PILATES DANIELLE		11:00-11:50 INTERMEDIATE TOWER/MAT PILATES MARIANN
	12:00-12:50 ADVANCED PILATES JUMP BOARD SUZANNE		12:00 – 12:50 INTERMEDIATE TOWER/MAT PILATES JAMIE		12:00 – 12:50 INTERMEDIATE REFORMER PILATES JAMIE	
	1:00 – 1:50 INTERMEDIATE REFORMER PILATES SUZANNE	1:00 – 1:50 INTERMEDIATE REFORMER PILATES SUZANNE	1:00 – 1:50 ADVANCED REFORMER PILATES NIKKI		1:00-1:50 BEGINNER REFORMER PILATES JAMIE	
	2:00-2:50 BEGINNER REFORMER PILATES SUZANNE	4:00 – 4:50 ADVANCED REFORMER PILATES HEATHER	3:00 – 3:50 INTERMEDIATE REFORMER PILATES JAMIE		2:00-2:50 BEGINNER REFORMER PILATES JAMIE	
		5:00 – 5:50 ADVANCED REFORMER PILATES HEATHER	4:00 – 4:50 ADVANCED REFORMER PILATES JAMIE			

# DECEMBER PILATES SCHEDULE

## Pilates Studio



RANCHO VALENCIA  
resort & spa

### PILATES CLASS LEVELS

**Beginner:** Basic, slower-paced introduction to the Pilates reformer that provides the framework upon which all else will build. Suitable for beginners, first timers or those returning to exercise after some time away.

**Intermediate:** An Intermediate class that moves at a steady pace. You will be guided through balanced, focused, and ever-changing Pilates exercises. Suitable for those with some experience on the Pilates equipment.

**Advanced:** Challenging class that moves at a brisk pace with less verbal instruction that requires strength and control. The focus is on endurance and higher intensity. Suitable for experienced Pilates students.

### PILATES CLASS OFFERINGS

#### BEGINNER PILATES

You will be introduced to the core principles of Pilates as we explore the apparatus. No experience necessary.

#### REFORMER PILATES

This class uses the Pilates Reformer apparatus. Class will focus on rhythmic, flowing sets of movements which increase strength, flexibility, and stamina while also improving alignment, balance, coordination, and tone. The result of the workout is a uniformly developed body with strong back and abdominal muscles.

#### TOWER/MAT PILATES

This class helps with strength training by integrating your trunk, pelvis, and shoulder girdle all while emphasizing proper breathing. Correct alignment of your spinal cord and pelvis with the incorporation of smooth flowing movement allows you to access each part of your body.

#### PILATES JUMP BOARD

Jump board simulates running and jumping without the stress on the hips, knees, and feet. This class incorporates Pilates Reformer technique, with Jump board intervals, increasing the heart rate and strengthening the legs without being aggressive on the joints.

#### CHAIR PILATES

A 50-minute upbeat tempo class, all done on the revolutionary Pilates chair that fuses sculpting, flexibility, and cardio. Not recommended for beginners.

#### CANCELLATION AND NO SHOW POLICY

All classes require advance registration via Mindbody online. You can register for class online or by calling the fitness center directly at 858.759.6258. We kindly request 24 hours notice on all cancellations to ensure all guests who would like to participate in specific activities are able to do so. We ask that you stay home if you are feeling ill or experiencing any symptoms.

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# DECEMBER FITNESS SCHEDULE **SPORT COURT**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:00 – 8:45 TRX NIKKI	
	8:30 – 9:20 SPIN BLAST MARK		8:30 – 9:20 SPIN BLAST MARK	8:30 – 9:20 SPIN BLAST JASON		8:30 – 9:20 SPIN BLAST MARK
9:00 – 9:50 SWEAT CYCLE JASON		9:00 – 9:50 SPIN BLAST LYNN			9:00 – 9:50 SPIN BLAST CARLOS	
	10:00 – 10:45 TRX LYNN	10:00 – 10:45 TRX LYNN	10:00 – 10:45 TRX PAIGE	9:30 – 10:15 TRX LYNN		
	11:00 – 12:00 TRX -TENNIS LYNN/ EDUARDO					

# DECEMBER FITNESS SCHEDULE

## Sport Court



RANCHO VALENCIA  
resort & spa

### TRX

The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. With the TRX Suspension Trainer you are in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance. The TRX Suspension Trainer allows you to use your bodyweight so you can safely and effectively get more out of your flexibility and mobility training, making it a great addition to any workout program.

### TRX TENNIS

#### 30 min TRX / 30 min Tennis

TRX is tailored to warm the muscles you will use during your tennis lesson. No experience necessary. Tennis rackets provided.

### SPIN OFFERINGS

Spin classes offer a unique combination of high-energy music and cycling-inspired rides taught by some of Rancho Valencia's elite spin instructors. Classes are uniquely tailored to a wide range of abilities and fitness goals and are taught on our state of the art Keiser M3+ bikes.

### SWEAT CYCLE

Get sweaty with drills, endurance challenges, and upbeat music that is sure to get your hips and heart pounding.

### SPIN BLAST

This 45-minute class will get you sweaty with drills, endurance challenges, and progressive interval training. Riders of all skill levels ride side by side to high energy music and motivational cueing to push them to the next level.

*\*Sport Court classes are offered to all spa members and their children on the membership that are 16 years and older.*

### CANCELLATION AND NO SHOW POLICY

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# DECEMBER MOVEMENT SCHEDULE **MOVEMENT STUDIO**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						8:00 – 8:45 INTRO TO BOXING AMETRIUS
	9:00 – 10:00 BOXING DACEY	9:00 – 10:00 BOXING AMETRIUS	9:00 – 10:00 BOXING DACEY	9:00 – 9:50 CHAIR PILATES JAMIE	9:00-10:00 GROUP TRAINING NIKKI	9:00 – 10:00 BOXING AMETRIUS
	10:30 – 11:15 STRENGTH/AGILITY CIRCUIT DACEY	10:15 – 11:00 INTRO TO BOXING AMETRIUS	10:30 – 11:15 STRENGTH/AGILITY CIRCUIT DACEY	10:00 – 10:50 MAT/CHAIR PILATES JAMIE	10:15 – 11:00 FUSION FIT DORY	
					11:15 – 12:00 STRENGTH/AGILITY CIRCUIT DACEY	
				6:00 – 7:00 BOXING AMETRIUS		

# DECEMBER MOVEMENT SCHEDULE

## Movement Studio



RANCHO VALENCIA  
resort & spa

### BOXING

Join us for a full body workout that is sure to get your blood flowing! Classes generally consist of 3 sections that include a dynamic warm up and introduction to proper technique, combo work on the heavy bags, and core work to finish. Our energetic instructors will keep you motivated and guide all skill levels through a safe, exhilarating and challenging workout. Get your heart pumping and motivated for another round!

*\*Complimentary gloves and wraps are provided for use during class. Please arrive 10-15 minutes prior to class start time for instructors to assist you in properly wrapping and protecting your hands.*

### STRENGTH AND AGILITY CIRCUIT

Our circuit class builds well-rounded athleticism as well as functional skills for everyday life through a series of workout stations designed to improve agility, power, strength, and balance. Each class is a unique set of exercise combinations. Modifications are offered for all skill levels.

### INTRO TO BOXING

Learn boxing fundamentals such as proper stance, striking technique, basic punch combinations, rhythm, and footwork. Whether you are new to the sport or looking to refine your skills, this workout will take you through a series of drills and exercises to build endurance and a strong boxing foundation.

### GROUP TRAINING

Our group training class combines personalized attention with dynamic, results driven exercises designed to enhance strength, increase mobility and improve overall wellness. Whether you're looking to build lean muscle mass, enhance your endurance or improve your functional fitness, this class provides the ideal environment for achieving your goals.

### CHAIR PILATES

A 50-minute upbeat tempo class, all done on the revolutionary Pilates chair that fuses sculpting, flexibility, and cardio. Not recommended for beginners.

### CANCELLATION AND NO SHOW POLICY

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