NOVEMBER 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	
7:45 – 8:30 SOMATIC RELEASE & RESET MIKAYLA		8:00-8:45 SCULPT 'N' STRIDE *NATURE FIT DORY		8:00 - 8:45 TOTAL BODY STRENGTH LYNN		
8:45 – 9:45 BARRE FUSION MIKAYLA	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 MIKAYLA	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
			1:00 – 2:00 TAI CHI/QI GONG JESSE *offered 11/4 & 11/18			
	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		

NOVEMBER 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.

BARRE FUSION
A low-impact, full-body workout blending barre and Pilates-inspired movement with functional strength and focused core work. Through intentional sequences at the mat and barre, we'll work to strengthen and lengthen the entire body while building stability, balance, and muscular endurance. Expect a challenging yet mindful workout that leaves you feeling stronger, energized, and more connected to your body.

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 strenght 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.

SOMATIC RELEASE & RESET | 45 MIN
A grounding mind-body practice designed to release tension,increase body awareness, and support nervous system regulation. Through intuitive and rhythmic movement,gentle stretching, breathwork, meditation and stillness, you'll be guided to move at your own pace and reconnect with your body. Leave feeling grounded,restored, and more at ease

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.

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 aTheragun. When combined, the result is muscle tension relief, alleviating pain,increased mobility, improved sleep, and improved immunity.

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.

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

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.