SANCTUARY
CAMELBACK MOUNTAIN

NOVEMBER RESORT FITNESS ACTIVITY SCHEDULE

MONDAY
7:30am - Morning Mountain Flow (Keryl)
8:45am - 20/20/20 Workout (Grayson)
11:15am - *Reformer Pilates - Beg/Int (Grayson)

TUESDAY
7:00am - *Reformer Pilates - All Levels (Kay)
8:30am - Meditative Stretch (Beri)
11:15am - *Reformer Pilates - Beg/Int (Kay)
5:30pm - Sound Meditation (Paula)

WEDNESDAY
7:00am - Guided Bike Ride (Carlee)
8:00am - Foam Rolling (Carlee)
8:45am - Barre Sculpt (Patti)
11:15am - *Reformer Pilates - Beg/Int (Elizabeth)

THURSDAY
7:00am - Ground, Release, Restore (Carlee)
7:00am - *Reformer Pilates - Int/Adv (Elizabeth)
8:00am - Nervous System Reset (Carlee)
8:00am - *Tennis Clinic (Frank)
8:30am - Meditative Stretch (Beri)
9:00am - *Pickleball Clinic (Frank)
11:15am - *Reformer Pilates - All Levels (Elizabeth)
5:30pm - Sound Meditation (Jeanette)

FRIDAY
7:30am - Rise & Align (Marney)
8:00am - *Bike & Hike (Steve)
8:00am - *Tennis Clinic (Frank)
8:45am - 20/20/20 Workout (Patti)
8:45am - Morning Mountain Flow (Marney)
9:00am - *Pickleball Skills and Drills (Frank)
10:30am - Aqua Energize (Kathy)
11:15am - *Reformer Pilates - Beg/Int (Grayson)
1:45pm - Restorative Yoga (Keryl)

SATURDAY
7:15am - Morning Mountain Flow (Carlee)
8:00am - *Bike & Hike (Steve)
8:00am - Pickleball Open Play
8:00am - *Tennis Clinic (Frank)
8:15am - Mindful Awakening (Shuli)
8:30am - *Aerial Yoga (Carlee)
9:00am - *Pickleball Clinic (Frank)
9:45am - *Reformer Pilates - Adv (Kathy)
11:00am - *Reformer Pilates - Beg/Int (Kathy)
12:30pm - Restorative Yoga (Keryl)
1:45pm - Low Impact Body Conditioning (Patti)
3:00pm - Meditative Stretch (Patti)

SUNDAY
7:45am - Aqua Strength MetCon (Grayson)
8:00am - Pickleball Open Play
10:00am - Flow Yoga (Keryl)
11:15am - Restorative Yoga (Keryl)
11:30am - Tai Chi (Kay)
12:30pm - Cycle & Sculpt/TRX (Kay)
1:15pm - Sound Meditation (Jeanette)
2:30pm - Guided Visualization (Jeanette)

***RESORT GUEST CLASS FEES:**
Pilates Reformer: $35 | Aerial Yoga: $45
Tennis/Pickleball Clinic: $65 | Bike & Hike: $45

Advanced booking required for all classes. Classes are subject to change. See Front desk for questions on class locations. Socks are required for all Pilates Reformer classes. 24-hour cancellation required for Aerial Yoga.

SEE REVERSE SIDE FOR CLASS DESCRIPTIONS

CLASS DESCRIPTIONS

AERIAL YOGA A combination of traditional yoga poses done on the floor and postures practiced using a soft fabric trapeze (Hammock/Sling) suspended at hip height. Aerial yoga helps you to move freely with less effort by counteracting gravity. Suspension releases tension in the bones and muscles, strengthens while increasing spinal and shoulder flexibility.

AQUATIC ENERGIZE A full-body workout that blends aqua aerobics with energizing cardio and low-impact strength training. Elevate your heart rate while being gentle on the joints using natural water resistance.

BARRE SCULPT This class combines strength-focused movement with ballet-inspired exercises to build muscle and enhance stability. It will improve balance, posture, and full-body strength through precise, low-impact training.

BIKE & HIKE Bike to Camelback Mountain and climb/hike. Hike: Advanced groups will hike scenic 'Echo Canyon' trail. This trail is an intense and advanced anaerobic hike - 1.23 miles to the summit (2,704 feet elevation). This experience begins with a short bike ride to the trail head, followed by a guided hike. NOTE: Please wear proper foot and outdoor attire and meet at the Spa Courtyard.

FLOW YOGA/MORNING MOUNTAIN FLOW Feel Energized through a series of standing and balancing postures linking breath and movement. All levels.

GROUND, RELEASE, RESTORE An outdoor slow, intentional flow designed to help let go of accumulated stress and reconnect to their foundation and ground into nature. This class combines grounding lower-body strength, breath-led movement, gentle mobility, and extended restoration to create physical stability, emotional release, and mental clarity.

GUIDED BIKE RIDE Experience the beauty of Paradise Valley with a scenic bike ride through the cactus-studded trails with mountain views. Pacing accessible for all levels.

MINDFUL AWAKENING A gentle, soul-nourishing experience that blends clearing somatic movement with mindful breath to soften tension and open the body. Intuitive guided sequences help you release what no longer serves, creating space for renewed clarity, joy and deeper self-connection. The steady, grounding rhythm of the shamanic drum supports your journey inward, helpfing you realign with your inner wisdom. Positive affirmations are woven throughout, uplifting the mind and spirit as you reconnect with your authentic, radiant self.

TAI CHI A gentle, flowing movement practice that builds balance, mobility, and calm through slow, mindful sequences coordinates with breath.

MEDITATIVE STRETCH Enjoy a full body, restorative stretch along with the quiet Zen atmosphere of peaceful music playing in the background. You will experience various props to help facilitate a safe and effective stretch. Leave this class feeling refreshed and renewed.

NERVOUS SYSTEM RESET Designed for the overwhelmed and overstimulated, this movement-based class focuses on regulating the nervous system and reducing cortisol levels. Through breath pacing, longer holds, and supported postures, participants shift from flight-or-fight into a calmer, more balanced state while still experiencing intentional, strength-building movement.

REFORMER PILATES Using the core for stability, exercises are performed either sitting or lying down on a universal gym type apparatus that uses springs for resistance. Experience a total-body workout that will leave you feeling stronger, more flexible and standing with improved body alignment. NOTE: Socks must be worn.

RESTORATIVE YOGA Restore your body by focusing on deep stretching of the connective tissue in the hips, pelvis and lower spine. Poses are held for 2-3 minutes. Yin Poses held for a longer period of time. (all levels)

SOUND MEDITATION Sound meditation is the use of sound as a tool to cultivate and support deep relaxation. Ultimately, the purpose is to create a gentle, yet powerful, experience that heals the body, clears the mind and helps rein your attention to the present. Switch off your mind and tune into yourself.

20/20/20 WORKOUT This class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength, and 20 minutes of core work.

AQUA STRENGTH METCON Challenge your body with this strength-driven, water-based workout focused on metabolic conditioning. Using resistance equipment and purposeful intevals, this class builds muscular strength, power, and stamina while maximizing calorie burn. Expect a more athletic, results-oriented session that pushed your limits - all while staying low-impact in the water.

RISE & ALIGN Reset your energy through an intentional blend of gentle movement, guided breathwork and meditation. Inspired by the principles of kriya, this unique mind-body practice uses rhythmic movement, breath, and mantra to restore balance and cultivate greater clarity. The experience closes with a soothing live vocal meditation leaving you feeling grounded and renewed.

CYCLE & SCULPT/TRX Power through an energizing blend of indoor cycling and TRX suspension training, alternating between heart-pumping ride intervals and full-body strength work. This efficient, dynamic combo class builds endurance, core stability in a total-body challenge.