



THE PHOENICIAN
spa

Fitness Schedule

FEBRUARY 2019

Dial ext. 2452 for reservations

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|---------|------------------------------|-----------------------|----------------------|----------------------------|------------------------------|------------------------------|------------------------------|
| 7:30am | | Techno-Circuit | | Energy Flow *YOGA* | | Techno-Circuit | Energy Flow *YOGA* |
| 9:00am | Yoga Walk *YOGA* | Energy Flow *YOGA* | Yin & Yang *YOGA* | Yin & Yang Yoga | Yoga Walk *YOGA* | Yin & Yang *YOGA* | Yoga Walk |
| 9:30am | | | | | | | Aerial Yoga ◊ |
| 10:00am | Yoga at the Orchid Lawn | | | | In-Trinity Experience ◊ | OutFIT | |
| 11:00am | | | Aerial Yoga ◊ | In-Trinity Experience ◊ | | Aerial Sound Meditation ◊ | In-Trinity Experience ◊ |
| 12:00pm | | Somatic Movement | | | Phoenix Rising Meditation | | |
| 3:00pm | Phoenix Rising Meditation | | | | | | Phoenix Rising Meditation |
| 4:30pm | | | | | Aerial Relax Yoga ◊ | | |

◊ Limited space available. Reservation required.

Aerial Yoga (75 min) All levels of yoga – this modern style of yoga allows you to suspend in a silk hammock taking your practice to new heights.

Aerial Relax (75 min) All levels of yoga – with the support of the silk hammocks, find yourself in poses that will nurture your body and mind.

Aerial Sound Meditation (75 min) All levels of yoga – open up your body with simple and soothing stretches on the silks before relaxing into the comforting cocoon of the hammock for meditation accompanied by sound and vibration of singing bowls.

Energy Flow Yoga (50 min) All levels of yoga – high intensity vinyasa flow for a powerful yet balanced practice.

In-Trinity Experience (50 min) Breathe new life into traditional practices like yoga, pilates and martial arts, on this uniquely designed land board.

OutFIT (50 min) Use nature as the gym in this full body, outdoor fitness boot camp. (Weather Permitting)

Phoenix Rising Meditation (50 min) Our signature meditative journey of transformation and renewal.

Somatic Movement (50 min) "Soma", meaning the body as perceived from within; free your mind and body from the chronic chaos of everyday life using guided freestyle movement and seated meditation.

Techno-Circuit (50 min) Combine cardiovascular with our top of the line TechnoGym resistance training to enhance overall fitness.

Yin & Yang Yoga (75 min) All levels of yoga – combine the aspects of Yin & Yang to bring overall balance. Starting with deep healing stretch and leading into a gentle flow to release toxins.

Yoga on the Lawn (75 min) All levels of yoga blended to fit all styles. (Meet at the spa - held @ the Orchid Lawn - weather permitting)

Yoga Walk (50 min) Explore the beautiful Phoenician grounds – power walking, yoga poses and meditation at idyllic spots on property.

Classes are complimentary with the purchase of any 50-minute spa treatment if attended on the same day. Our first *YOGA* class of the day is complimentary with resort charge. Exclusions for complimentary classes include all Aerial Yoga classes, Aqua FitMat and In-Trinity Experience. All other classes are \$20 – resort guests receive 50% off with resort charge. **All guests please meet at The Phoenician Spa.** Outdoor classes are weather permitting and may move indoors. Classes may be changed or cancelled without notice. Holiday schedule subject to change. Please allow 10 minutes for check in. **The Phoenician Spa is an adult only facility.** Guests 18 years and older are welcome in all areas of the spa, including locker rooms, treatment center and rooftop pool.