



# THE SPA AT CAMELBACK INN

## ZEN FITNESS CLASSES — NOVEMBER 2021

Classes are limited, available to resort guests and spa members only, and are subject to cancellation/change due to instructor availability. We recommend signing up early to ensure your spot. To register for classes, visit the spa or call 480-596-7040.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 am - Yoga 12:30 pm Crystal Bowl Sound Meditation 1:30 pm Power Walk	9:30 am Restorative Yoga with Guitar 10:30 am Power Walk 4:30 pm - Poolside Sunset Yoga	10:30 am - STC 1:00 pm - Yoga 2:00 pm Mat Pilates	9:30 am Restorative Yoga with Guitar 10:30 am Power Walk 3:30 pm - Barre 4:30 pm Crystal Bowl Sound Meditation	10:30 am - STC 4:30 pm Crystal Bowl Sound Meditation	10:00 am Restorative Yoga with Guitar 11:00 am Power Walk 1:30 pm - Yoga	8:30 am Forest Bath 9:30 am Crystal Bowl Sound Meditation 10:30 am - STC 11:30 am - Restorative Yoga

### BARRE

Improve range of motion, core strength and flexibility, while increasing energy and stamina with graceful and precise movements.

### FOREST BATH

Shinrin-yoku or Foresting Bathing takes you on a mindful and guided journey outside in nature while tuning your senses to derive a range of benefits for your physical, mental, emotional, and social health.

### MAT PILATES

Challenge your core strength, and balance and tone the entire body.

### POOLSIDE SUNSET YOGA

This outdoor practice at the Spa pool is designed to recharge your energy, heal the effects of stress and bring you to a more balanced state while enjoying stunning views of Camelback Mountain.

### POWER WALK

Wake up with the desert. Enjoy stunning views of the Valley while challenging your physical fitness. Expect beautiful scenery and multiple hills, both capable of taking your breath away.

### RESTORATIVE YOGA WITH GUITAR

Relax with guided yoga postures and meditative stretching to live music.

### CRYSTAL BOWL SOUND MEDITATION

Immerse yourself in the healing sound frequencies of Tibetan crystal bowls, nature, ocean drums, and chimes to relax your body and mind, ease stress and anxiety to improve sleep and boost mood.

### STC – STRETCH, TONE & CONDITION

A series of gentle exercises at the barre and on the floor, which improve posture, muscle strength, core, flexibility, hand-eye coordination, breathing, balance and wellbeing.

### YOGA

This class for all fitness levels combines yoga postures, breathing and meditation, for improved strength, flexibility and stamina, leaving you relaxed and in balance.