



JOYA MOTION STUDIO

HIIT BOOT CAMP

This high intensity, interval experience is perfect for any fitness level. This workout includes a combination of strength and cardiovascular training using a variety of equipment, such as BOSU, TRX, battle ropes, jump rope, agility ladders and more.

JOYA FLOW YOGA

Linking breath with movement in a rhythmic flow repetition will release blocked energy and rid the body of toxins. The combined effect relaxes the mind and re-energizes the body. Some knowledge of yoga is helpful but not mandatory.

MINDFUL YOGA

This is an all-levels class that follows a traditional format with much attention to safe alignment, and correct yogic breathing.

RELAXATION YOGA

Your instructor will guide the class with much attention to individual needs and experience by offering modifications to simplify poses as well as options to intensify poses. Beginners to advanced practitioners are welcome.

RIDE & SHINE CYCLE

Wake up your mind and body to the breathtaking view of Camelback Mountain while riding to uplifting music on a variety of terrains. Bikes are located on Joya Fitness Terrace.

SUNRISE MINDFUL YOGA

Cultivate an energizing breath as you move through a series of yoga poses to naturally align the body and calm the mind. This class will invigorate your body and create a peaceful center to prepare you for the day's events ahead. All fitness levels are invited to attend.

TRX STRENGTH & CORE

Experience a no-nonsense, intense 55-minute metabolic workout with TRX suspension trainers. This format is designed to give your body the most bang for your buck as the instructor moves from lower to upper body, to core.

VINYASA FLOW YOGA

This class incorporates transitioning from one yoga pose into the next, while keeping the mind focused on breathing and alignment to create an uplifting experience. Some knowledge of yoga is helpful but not mandatory.

TOTAL BODY CONDITIONING

Total Body Conditioning incorporates elements of cardio, strength, flexibility, and balance to provide an effective and fun interval training workout. All fitness levels and ages welcome.

RESORT LIFESTYLE MEMBERSHIP

Add the indulgence of an exotic resort getaway to your everyday with a Resort Lifestyle Membership. Whether you are interested in the spa, fitness center, dining and entertainment, or just lounging poolside, the breathtaking, European-inspired Omni Montelucia Resort & Spa can become your own personal retreat.

BENEFITS INCLUDE:

- Access to main pools and resort-wide venues
- Discounts on room rates, poolside cabana rentals, Joya Spa & Salon services, food, beverages and retail
- Exclusive invitations to select resort entertainment activities and more
- 24 hour fitness center access
- Use of Joya Spa amenities including whirlpools, saunas, steam rooms, cold deluge and terrace-top pool

MORE INFORMATION: CALL (480) 627-3020

JOYA MOTION STUDIO

Joya Motion Studio is available to spa members and hotel guests and can be accessed through Joya Spa or via the stairway next to Centro. Access to the fitness center is included in your nightly resort fee. ADA accessible assistance is available after Joya Spa business hours (8:30am-7pm). Should you need assistance, please dial security at EXT 3091 and an associate will escort you to the fitness center.

FITNESS SCHEDULE: JUNE - SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:30am • SUNRISE MINDFUL YOGA	6am • SUNRISE MINDFUL YOGA	7am • RIDE & SHINE CYCLE	6am • SUNRISE MINDFUL YOGA
9am • HIIT BOOT CAMP	7:30am • TRX STRENGTH & CORE	9am • HIIT BOOT CAMP	7:30am • TRX STRENGTH & CORE
10:30am • MINDFUL YOGA	9am • JOYA FLOW YOGA	10:30am • MINDFUL YOGA	9am • JOYA FLOW YOGA
4:30pm • RELAXATION YOGA	10:30am • VINYASA FLOW YOGA	4:30pm • RELAXATION YOGA	10:30am • TOTAL BODY CONDITIONING
FRIDAY	SATURDAY	SUNDAY	INDIVIDUAL CLASS PRICING
9:10am • JOYA FLOW YOGA	9:10am • JOYA FLOW YOGA	8am • MINDFUL YOGA	SPA RESORT GUEST: \$15 PER CLASS
10:30am • MINDFUL YOGA	10:30am • VINYASA FLOW YOGA	9:30am • TRX STRENGTH & CORE	LOCAL GUESTS: \$20 PER CLASS

JOYA FIT PASS & PERSONAL TRAINING PRICING

JOYA FIT PASS	PERSONAL TRAINING (30 minute sessions)	PERSONAL TRAINING (1 hour sessions)
10 CLASSES + 1 FREE-----\$150	1 SESSION ----- \$60 10 SESSIONS -- \$500	1 SESSION ----- \$100 10 SESSIONS -- \$900
	5 SESSIONS --- \$275 20 SESSIONS-- \$900	5 SESSIONS --- \$475 20 SESSIONS-- \$1700

JOYA SPA MEMBERS RECEIVE 20% OFF OF PERSONAL TRAINING PRICES

CAMELBACK GUIDED HIKES

GUIDED HIKES AVAILABLE SEASONALLY

OCTOBER THROUGH APRIL

Join a resort fitness instructor on a three-hour, expert led, Camelback Mountain hike every Saturday morning, October-April (weather permitting). Omni hiking guides know Camelback Mountain dangers and are CPR and First Aid certified to provide an educational and safe guest experience. Hikers are advised to wear proper attire, footwear and sunscreen. Water and snacks are not included and may be purchased separately in Grave Café.