



JOYA MOTION STUDIO

Joya Motion Studio & Fitness Classes are available to spa members, villa owners, hotel guests and local residents. Joya Motion Studio can be accessed through Joya Spa main entrance or via the stairway next to Centro, during spa business hours, which are Monday through Thursday from 8:30 a.m. to 6 p.m. and Friday – Sunday from 8:30 a.m. to 7 p.m. Locker Rooms are currently available from 7 a.m. to 7 p.m. daily, however members will need to enter through the Fitness Center (which is the stairway next to Centro).

FITNESS SCHEDULE: JANUARY – MARCH 2022

MONDAY

7am • **SUNRISE MINDFUL YOGA** (Vicki)
9:30am • **TRX STRENGTH & CORE** (Danny)
12pm • **JOYA FLOW** (Meghan)

TUESDAY

7:30am • **HIIT IT!** (Danny)
10:30am • **STRETCH & RESTORE** (Vicki)
4pm • **JOYA YOGA** (Meghan)

WEDNESDAY

7am • **SUNRISE MINDFUL YOGA** (Vicki)
9am • **TRX STRENGTH & CORE** (Danny)
10:15am • **RELAXATION YOGA** (Danny)

THURSDAY

7:30am • **HIIT IT!** (Danny)
10:30am • **STRETCH & RESTORE** (Vicki)
4pm • **JOYA YOGA** (Meghan)

FRIDAY

7am • **SUNRISE MINDFUL YOGA** (Vicki)
10am • **TRX STRENGTH & CORE** (Danny)

SATURDAY

8am • **JOYA FLOW** (Meghan)
9:15am • **JOYA YOGA** (Meghan)

SUNDAY

8am • **JOYA YOGA** (Vicki)
9:15am • **STRETCH & RESTORE** (Vicki)

INDIVIDUAL CLASS PRICING:

- Spa Members & Villa Owners: Complimentary
- Resort Guest: \$15 per class
- Local Guests: \$20 per class

HIIT IT!

A rigorous interval training of high intensity movements designed to improve strength and endurance and promote cardiovascular fitness.

JOYA (ALL-LEVELS) YOGA

A foundational yoga class created to align, strengthen and promote flexibility.

JOYA FLOW

Experience a sense of fluid physical motion through this series of breath guided yoga poses.

RELAXATION YOGA

Expect an emphasis on simplicity, repetition, and ease of movement; leave with a greater sense of calm.

STRETCH AND RESTORE

Unwind with this peaceful combination of Gentle, Yin, and Restorative yoga.

SUNRISE YOGA

Begin your day with yoga designed to awaken the mind and open the body in preparation for the day ahead.

TRX STRENGTH & CORE

Start with the lower body, move to upper body and finish with the core as you experience an intense metabolic workout using TRX suspension.



JOYA MOTION STUDIO

SPA & FITNESS MEMBERSHIP

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

BENEFITS INCLUDE:

- Access to main pools and resort-wide venues
- Discounts on room rates, poolside cabana rentals (available on ResortPass.com), 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

COMPLIMENTARY MEMBERSHIP PERKS

Fitness classes

Haircut and style by a stylist in Joya Salon
(within first 90 days of signing)

One 50-minute Custom Massage or Signature Facial at Joya Spa for your birthday
(within your birthday month)

Introductory fitness evaluation and design of your personalized fitness program
(within first 90 days of signing)

Dinner for two in Prado—\$100 Value
(within first 90 days of signing)

MORE INFORMATION & PRICING: (480) 627-3020