



# JOYA MOTION STUDIO

## 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.

## 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.

## 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.

## MINDFUL YOGA

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

## SUNSET YOGA

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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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: OCTOBER - DECEMBER 2019

### MONDAY

6:30am • SUNRISE MINDFUL YOGA  
 9am • HIIT BOOT CAMP  
 10:30am • MINDFUL YOGA  
 4:30pm • RELAXATION YOGA

### TUESDAY

6am • SUNRISE MINDFUL YOGA  
 7:30am • TRX STRENGTH & CORE  
 9am • JOYA FLOW YOGA  
 10:30am • VINYASA FLOW YOGA  
 5pm • SUNSET YOGA

### WEDNESDAY

7am • RIDE & SHINE CYCLE  
 9am • HIIT BOOT CAMP  
 10:30am • MINDFUL YOGA  
 4:30pm • RELAXATION YOGA

### THURSDAY

6am • SUNRISE MINDFUL YOGA  
 7:30am • TRX STRENGTH & CORE  
 9am • JOYA FLOW YOGA  
 10:30am • TOTAL BODY CONDITIONING  
 5pm • SUNSET YOGA

### FRIDAY

7am • RIDE & SHINE CYCLE  
 9:10am • JOYA FLOW YOGA  
 10:30am • MINDFUL YOGA

### SATURDAY

9:10am • JOYA FLOW YOGA  
 10:30am • VINYASA FLOW YOGA

### SUNDAY

8am • MINDFUL YOGA  
 9:30am • TRX STRENGTH & CORE  
 11am • JOYA FLOW YOGA

### INDIVIDUAL CLASS PRICING

SPA RESORT GUEST: \$15 PER CLASS  
 LOCAL GUESTS: \$20 PER CLASS

## JOYA FIT PASS & PERSONAL TRAINING PRICING

### JOYA FIT PASS

10 CLASSES + 1 FREE ----- \$150

### PERSONAL TRAINING (30 minute sessions)

1 SESSION ----- \$60    10 SESSIONS -- \$500  
 5 SESSIONS --- \$275    20 SESSIONS-- \$900

### PERSONAL TRAINING (1 hour sessions)

1 SESSION ----- \$100    10 SESSIONS -- \$900  
 5 SESSIONS --- \$475    20 SESSIONS-- \$1700

JOYA SPA MEMBERS RECEIVE 20% OFF OF PERSONAL TRAINING PRICES

## CAMELBACK GUIDED HIKES

EACH SATURDAY | CRAVE CAFÉ PATIO | \$30 PER GUEST

Join a resort fitness instructor on a three-hour, expert-led hike. 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 Crave Café. Private guided hikes are also available.

RESERVATIONS REQUIRED (480) 627-3020

> OCT: GROUP MEETS AT 6:45AM    > NOV-DEC: GROUP MEETS AT 7:45AM