



JOYA MOTION STUDIO

BARRE FITNESS

This class incorporates 3 fitness methods-ballet barre, mat Pilates and yoga to build lean muscles and a strong core.

GENTLE YOGA & MEDITATION

Calm your mind, settle your body and find a softer focus to your day as this class consists of beginning breath work, a short guided mindfulness meditation and gentle relaxing slow flow yoga movements.

HIIT BOOTCAMP

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.

MINDFUL YOGA

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

RELAXATION YOGA

Your instructor will guide the class with much attention given to individual needs and experience by offering modifications necessary to simplify or Intensify yoga poses and breathing.

RIDE AND 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.

SUNSET YOGA

Each class threads opening rays of silence through a breath-centered mindful meditation into a soft, heart-focused sun salutation and other Vinyasa sequences.

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 body to upper body, to core.

VINYASA FLOW YOGA

This class incorporates a flowing series of yoga poses while synchronizing the breath. At the end of class, enjoy a blissful savasana with yogic essential oils to connect body and mind.

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

OMNI RESORTS
montelucia | scottsdale

OMNIMONTELUCIA.COM



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: MARCH - MAY, 2019

MONDAY

6:30am • **SUNRISE MINDFUL YOGA**
 9am • **BARRE FITNESS**
 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

6am • **GENTLE YOGA & MEDITATION**
 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 • **VINYASA FLOW YOGA**
 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**

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
 10 PERSONAL TRAINING CLASSES + 1 FREE --- \$900

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: \$25 PER GUEST | MARCH - 7:50AM | APRIL - 6:50AM | NO HIKES IN MAY

GUESTS MEET AT CRAVE CAFÉ 10 MINUTES PRIOR TO HIKE START TIME

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 Crave Café.