

FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



SPIN

HIGH ENERGY CYCLING
7 – 7:45 am



CRUNCH TIME (30 MIN)

STRENGTHEN + TONE
YOUR CORE
12 – 12:30 pm



MEDITATION

2 – 2:45 pm



POOLSIDE YOGA

7 – 7:45 am



LEGS DO THIS (30 MIN)

STRENGTHEN + TONE
12 – 12:30 pm



SPIN

HIGH ENERGY CYCLING
2 – 2:45 pm



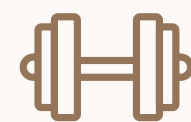
SUNRISE CIRCUIT

TOTAL BODY WORKOUT
7 – 7:45 am



UPPER BODY BLAST (30 MIN)

STRENGTHEN + TONE
12 – 12:30 pm



WEIGHT A MINUTE

ISOMETRIC HOLDS
2 – 2:45 pm



HIIT

ATHLETIC DRILLS +
STRENGTH TRAINING
7 – 7:45 am



ROLL & RELEASE (30 MIN)

MYOFASCIAL RELEASE
12 – 12:30 pm



BAND CAMP

CARDIO WITH BANDS
2 – 2:45 pm



SPIN

HIGH ENERGY CYCLING
7 – 7:45 am



JUST BREATHE (30 MIN)

BREATHE + RELAX
12 – 12:30 pm



VINYASA FLOW

INTERMEDIATE
MOVEMENT CLASS
2 – 2:45 pm



POOLSIDE YOGA

7 – 7:45 am



NO GLUTES NO GLORY (30 MIN)

STRENGTHEN + TONE
12 – 12:30 pm



PILATES MAT

CORE STRENGTH +
FLEXIBILITY
2 – 2:45 pm



PILATES MAT

CORE STRENGTH +
FLEXIBILITY
7 am – 7:45 am



RIGHT TO BARE ARMS (30 MIN)

STRENGTHEN + TONE
12 – 12:30 pm



VINYASA FLOW

INTERMEDIATE
MOVEMENT CLASS
2 – 2:45 pm

CANYONRANCH®

SPA • FITNESS • BEAUTY

DROP-IN FITNESS CLASSES \$20 PER PERSON PER CLASS.

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4/25/23