

Winter 2011 Fitness Class Descriptions

- CARDIO POWER:** Join us for high energy, fat burning and heart pumping easy to follow routines that will be challenging while developing your stamina to achieve a cardiovascular workout. This class focuses on AB's using a variety of equipment: mat, fit ball and the Bosu, to concentrate on strengthening the AB's.
- BODY SCULPT:** Take body sculpting to the next level. Sculpt and tone your muscles from head to toe using multiple forms of fitness equipment, followed by relaxation for the mind & body and a cool down stretch.
- GYROKINESIS:** Is a healing movement system where all of the movements are designed to strengthen the core, while opening the muscles, joints, tendons and ligament to a greater degree of flexibility. Your body postures are smoothly and harmoniously connected through the use of the breath, making the exercises appear and feel more like swimming & dance.
- POWERWALK:** Wake up with the desert! Enjoy stunning views of the Valley while challenging your physical fitness. This 3.5 mile loop includes multiple hills that help strengthen your legs and improve your stamina. Please dress according to seasonal weather. Water is supplied and a camera is recommended.
- TOTAL PHYSIQUE:** This class includes a workout to strengthen and lengthen every muscle group and increase muscle tone which combines ballet exercises and calisthenics for a full body workout. By using a variety of equipment, like hand weights, body bar and stability ball to improve muscle definition, balance, posture and coordination. Learn how to take the time to pay extra attention to the health of your core with total body balance & stability.
- YOGA (ALL LEVELS):** Learn how to combine posture, breathing and meditation to improve strength, flexibility and stamina.
- RESTORATIVE YOGA:** Focuses on deep stretching of the muscles. Poses are held for an extended period of time, anywhere from 3 to 7 minutes each. You will connect to the breath while holding poses, resulting in the body loosening and opening up.
- ZUMBA:** The latest fitness dance craze. This class combines a fusion of Latin music with unique dance moves and combinations. It's fun, it's easy. Join the party!
- BOLLYWOOD:** Dance your way to fitness and flexibility with this Far East aerobic class then cool it down with gentle yoga stretches for a fun new way to stay in shape.
- BALLET BARRE:** A full-body workout that will strengthen and lengthen your entire body. Utilizing the barre to isolate muscle groups, this challenging ballet-based class will increase your stamina and improve balance and posture.
- CARDIO DANCE MIX:** Incorporates a full-body workout that will get your heart rate up and muscles toned while dancing and having a good time.
- ZEN MEDITATION:** Learn to turn off the stress of everyday life and to live in the moment. This class will teach you relaxing skills that can be utilized once you leave The Spa at Camelback Inn.
- STRENGTH, STRIDE AND STRETCH:** The best of three classes! This class begins with an abbreviated outside Powerwalk and finishes inside with strength training and stretch.