

FITNESS ACTIVITIES



FITNESS SCHEDULE

MONDAY

10:00am-11:00am Organic Flow Yoga
6:00pm-7:00pm Mat Pilates

TUESDAY

11:00am-12:00pm Wall Yoga
6:00pm-7:00pm Permission to Chill

WEDNESDAY

10:00am-11:00am Mat Pilates
6:00pm-7:00pm Organic Flow Yoga

THURSDAY

8:00am-9:00am Wall Yoga
9:15am-10:15am In-Trinity Board
12:00pm-1:00pm TRX

FRIDAY

9:00am-10:00am Wall Yoga
10:15am-11:15am In-Trinity Board
12:00pm-1:00pm Bike Camp

SATURDAY

8:00am-9:00am Vinyasa Yoga
9:15am-10:15am Wall Yoga
12:00pm-1:00pm Boot Camp
1:00pm-2:00pm Permission to Chill

SUNDAY

10:00am-9:00am Violin Meditation
4:00pm-5:00pm Restorative Yoga

FITNESS CLASSES ARE \$10 PER PERSON. FIRST COME, FIRST SERVE. SELECT CLASSES HAVE LIMITED SPACE, PLEASE SIGN UP AT SPA RECEPTION. CLASSES ARE SUBJECT TO CHANGE. PARTICIPANTS MUST BE 18 YEARS OF AGE OR OLDER.

ORGANIC YOGA FLOW

The natural expression of breath and movement through traditional postures. Navigate through subtleties of the energetic body through transitions, rhythm and breath. Special attention is placed on proper alignment and breathing, with a natural and safe progression of postures. An intuitive organic flow that encourages every student to explore their own uniquely perfect shapes; for all levels.

PILATES MAT CLASS

Performed on the floor using your body and props to focus on developing core strength, flexibility, balance and stamina. Discover awareness of breathing patterns and spinal alignment while engaging the deep muscles of your core. No previous Pilates experience is necessary to join mat class.

WALL YOGA

Take your yoga poses even deeper with wall yoga. This restorative style class will have you hanging from the wall, stretching new muscles, anchoring your poses, and increase mobility. This very addictive class will leave you walking taller and feeling more alive and connected to your body!

PERMISSION TO CHILL

Neuroplasticity is the brain's ability to create new neural pathways. Come learn the benefits of the body's "rest & digest" response. Release stress, sleep better & create a new way of thinking, by essentially rewiring your brain. Come chill in supported, restorative postures & explore slow, mindful movement, pranayama & meditation.

IN-TRINITY BOARD

Yoga on the In-Trinity Board is a practice that accesses development of the mind & body through movement. This practice builds strength, deepens flexibility and improves balance, coordination and agility.

TRX

Challenge yourself with a little flow, rhythm and balance and a lot of TRX suspension to build strength in your arms, shoulders, back and legs. There will be sweat.

BIKE CAMP

Imagine your favorite Boot Camp movements. Now add in a Spin Bike and you can really hit the rev-limit! This class is a burner that will leave you knowing you have just accomplished something great.

BOOT CAMP

This high intensity class utilizes dumbbells, medicine balls, and your body in creative combinations that will have you building strength and hit that cardiovascular red-line.

VINYASA YOGA

Students coordinate movement with breath to flow from one pose to the next. The sequencing of the movement gain strength, endurance, and more conscientious breathing.

VIOLIN MEDITATION WITH REBECCA SABINE

Discover the profound benefits of calming and focusing your mind as Rebecca plays healing music on violin while guiding you on an inward journey. Come as you are and set yourself free.

RESTORATIVE YOGA

A class decidedly about cultivating space, ease and a sweet feeling of contentment in the body, mind and spirit. Restorative poses produce a calming and therapeutic awareness in the body. Soothing and nurturing, this class furthers the growth of conscious relaxation and is designed for students who want to move at slower pace, melt away physical and emotional tension and relax deeply. Restorative poses are designed to soothe, nourish and drop you into the healing state that is the Relaxation Response.



11011 West Charleston Boulevard, Las Vegas, NV 89135

702.797.7878 | rr-spa.com | wellandbeing.com

