

# July+August EVENTS & ACTIVITIES

MON	TUE	WED	THU	FRI	SAT	SUN
<p>■ <b>Sunrise Yoga ES</b> 7:00 am – 8:00 am</p> <p>*<b>Create Your Own Body Scrub ES</b> 10:00 am - 12:00 pm</p> <p><b>\$5 Happy Hour SR</b> 3:00 pm - 5:00 pm</p> <p>*<b>S'mores TP</b> 5:00 pm - 10:00 pm</p>	<p>■ <b>Rip Fit WP</b> 6:00 am – 7 am</p> <p>■ <b>Sunrise Yoga ES</b> 7:00 am – 8:00 am</p> <p>■ <b>Kettle Bells SF</b> 8:00 am - 8:50 am</p> <p>■ *<b>Golf Coaching SG</b> 1:00 pm - 2:30 pm</p> <p><b>\$5 Happy Hour SR</b> 3:00 pm - 5:00 pm</p> <p><b>Poolside Bingo BW</b> 4:00 pm - 5:00 pm</p> <p>*<b>S'mores TP</b> 5:00 pm - 10:00 pm</p>	<p>■ <b>Sunrise Yoga ES</b> 7:00 am – 8:00 am</p> <p>■ <b>Snack Pack Bar LL</b> Build your own trail mix. 9:00 am - 10:00 am</p> <p>■ *<b>Golf Clinic SG</b> 1:00 pm - 2:00 pm</p> <p><b>\$5 Happy Hour SR</b> 3:00 pm - 5:00 pm</p>	<p>■ <b>Rip Fit WP</b> 6:00 am – 7 am</p> <p>■ <b>Sunrise Yoga ES</b> 7:00 am – 8:00 am</p> <p>■ <b>Interval Training SF</b> 8:00 am - 9:00 am</p> <p>*<b>Create Your Own Body Scrub ES</b> 10:00 am - 12:00 pm</p> <p>*<b>Happy Hour + Yappy Hour SR + TP</b> 3:00 pm - 5:00 pm</p> <p><b>Poolside Bingo BW</b> 4:00 pm - 5:00 pm</p> <p>*<b>S'mores TP</b> 5:00 pm - 10:00 pm</p>	<p>■ <b>Zumba SF</b> 8:00 am - 9:00 am</p> <p>■ <b>Yoga SF</b> 3:30 pm - 4:45 pm</p> <p><b>Summer Cocktail Tasting SR</b> 3:00 pm - 4:00 pm</p> <p><b>\$5 Happy Hour SR</b> 3:00 pm - 5:00 pm</p> <p>*<b>S'mores TP</b> 5:00 pm - 11:00 pm</p> <p><b>Music on the Porch</b> 6:00 pm - 10:00 pm</p> <p><b>Star Gazing TP</b> 7:30 pm - 9:00 pm</p>	<p>■ <b>Sunrise Yoga ES</b> 7:00 am – 8:00 am</p> <p>■ <b>Zumba SF</b> 9:15 am - 10:15 am</p> <p>*<b>Create Your Own Body Scrub ES</b> 10:00 am - 12:00 pm</p> <p>*<b>S'mores TP</b> 5:00 pm - 11:00 pm</p> <p><b>Story Time with Mother Nature LL</b> 6:00 pm - 6:30 pm</p> <p><b>Music on the Porch</b> 6:00 pm - 10:00 pm</p> <p><b>Family Movies &amp; Game Night</b> – start time varies</p>	<p>■ <b>Sunrise Yoga ES</b> 7:00 am – 8:00 am</p> <p>■ <b>Total Body Conditioning SF</b> 8:00 am - 9:00 am</p> <p>*<b>S'mores TP</b> 5:00 pm - 10:00 pm</p>

## LOCATION KEY

LL = Lower Resort Lobby | ST = Spa Tennis Court | SF = Spa Group Fitness Room | WP = Warrior Pit | SG = Sedona Golf Resort  
ES = eForea Spa | SR = ShadowRock Tap + Table | TP = The Porch | BW = Blue Water Café

## FITNESS CLASSES

### ■ Family Stretch

Gentle stretching of the whole body for all ages and fitness levels.

### ■ \*Golf Clinic

\$15 per person. Advance reservations are required by calling +1 928 301 3328. Complimentary shuttle available to and from the resort.

### ■ \*Golf Coaching

\$25 per person. Advance reservations are required by calling +1 928 301 3328. Complimentary shuttle available to and from the resort.

### ■ Interval Training

Full-body strength training combined with high intensity cardio bursts.

### ■ Kettlebells

Get your heart rate up with cardio, strength and flexibility benefits.

### ■ Sunrise Yoga

Find balance, strength and flexibility with traditional yoga poses. Includes a selection of complimentary snacks prior to class at 6:15 am.

### ■ Total Body Conditioning

Improve muscle strength, tone and tighten with cardio and weight training movements.

### ■ Yoga

Find balance, strength and flexibility with traditional yoga poses.

### ■ Zumba

Cardio dance class incorporating fast and slow dance moves to tone and sculpt.

\*Fitness classes are complimentary unless otherwise noted.

## CLASS DIFFICULTY LEVEL

■ = High   ■ = Moderate   ■ = Low

## EXPERIENCES

### \*Create Your Own Body Scrub

Create your own scented body scrub from \$9.99 per person. Hosted by eForea Spa.

### \*S'mores

Create your own ooey gooeey S'mores for \$6.00 per person. Hosted by ShadowRock Tap + Table.

### \*Yappy Hour

Enjoy Happy Hour pricing and 50% off the Pet Pals menu. Hosted by ShadowRock Tap + Table.

\*Activities and events are complimentary unless otherwise noted.