



JOYA MOTION STUDIO

BLENDING FITNESS

Blending the best elements of strength and toning while using a variety of equipment, this fun and dynamic, low-impact class will challenge your muscular endurance and transform your body from head to toe.

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.

PEDAL & PULSE

A strength and cardio combination like no other. Class begins with 30-minutes of challenging cardiovascular spin followed by upper and lower body Barre-style exercises designed to lengthen and tone muscles while strengthening your core.

POWER VINYASA YOGA

This powerful, energetic, playful and flow class strongly emphasizes the breath and allows beginners, intermediate and advanced students to be challenged in the same class.

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.

RELAXING YIN YOGA

Incorporates deep stretches that are held for minutes at a time to allow the physical body to regain flexibility; the subtle body to enjoy an unrestricted flow of energy; and the mind to experience new levels of peace and happiness.

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 & MEDITATION

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

TAI CHI

Involves a series of movements performed in a slow focused manner accompanied by deep breathing which calms the mind and helps to alleviate stress.

TRX FUSION

Class begins with a 30-minute spin class followed by TRX movements that strengthen and tone your upper body and core.

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.

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, spa and salon services, food, beverages and retail.
- Exclusive invitations to select resort entertainment activities and more.
- 24 hour fitness center access
- Access to Joya Spa amenities including whirlpool, sauna steam room, 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 - SPRING, 2018

MONDAY

7am • RIDE & SHINE CYCLE
9am • PEDAL & PULSE
10:30am • MINDFUL YOGA
4:30pm • RELAXATION YOGA

TUESDAY

6am • SUNRISE MINDFUL YOGA
7:30am • TRX FUSION
9am • JOYA FLOW YOGA
10:30am • TAI CHI
5pm • SUNSET YOGA & MEDITATION

WEDNESDAY

7am • RIDE & SHINE CYCLE
9am • BLENDED FITNESS
10:30am • MINDFUL YOGA
4:30pm • RELAXATION YOGA

THURSDAY

6am • SUNRISE MINDFUL YOGA
7:30am • TRX STRENGTH & CORE
9am • JOYA FLOW YOGA
5pm • SUNSET YOGA & MEDITATION

FRIDAY

7am • RIDE & SHINE CYCLE
9:10am • JOYA FLOW YOGA
10:30am • MINDFUL YOGA

SATURDAY

8am • PEDAL & PULSE
9:10am • JOYA FLOW YOGA
10:30am • POWER VINYASA YOGA

SUNDAY

8am • MINDFUL YOGA
9:10am • RELAXING YIN YOGA
10:30am • TRX STRENGTH & CORE

GUIDED CAMELBACK HIKES

6:50AM EACH SATURDAY: \$25 PER GUEST
GROUP MEETS AT CRAVE CAFÉ

JOYA FIT PASS

5 CLASSES FOR \$90
10 CLASSES FOR \$150

INDIVIDUAL CLASS PRICING

SPA & RESORT GUESTS: \$15 PER CLASS
LOCALS: \$20 PER CLASS

SPECIALTY CLASSES

7-WEEK CHAKRA BALANCING YOGA SERIES

CLASS CYCLE BEGINS: THU, MAR 1 | 10:30AM | JOYA MOTION STUDIO
Each week, instructor Jenn Menzer will focus on one of your body's seven chakras beginning with a deep stretch followed by gentle flow yoga, incorporating Chakra essential oil aromatherapy.

WELLNESS WEDNESDAY

WED, MAR 7 | 6-7PM | JOYA MOTION STUDIO
Join Jenn Menzer for this total body health and wellness class and learn what you should do to keep your immune system strong throughout the year.

INTRODUCTION TO YOGA

SUN, MAR 18 | 12PM | JOYA FITNESS STUDIO
This beginner yoga class is designed to take away your worries about your first experience and make you feel at ease. Learn fundamental poses, and stretching exercises and the importance of Pranayama, the breath of yoga.

YOGA FOR GOLFERS

SAT, MAR 24 | 12PM | JOYA FITNESS STUDIO
Learn from Angela Hofrichter how to improve swing rotation, strengthen golf-specific muscles, develop breathing awareness, improve your sense of balance and calm your mind under pressure.