



JOYA MOTION STUDIO

Joya Motion Studio & Fitness Classes are available to spa members, villa owners, hotel guests and local residents. Joya Motion Studio can be accessed through Joya Spa main entrance or via the stairway next to Centro, during spa business hours, which are 8:30am to 7pm daily. Locker Rooms are currently available for spa members and villa owners from 7am to 7pm daily, however members will need to enter through the Fitness Center (which is the stairway next to Centro).

FITNESS SCHEDULE: JULY-SEPTEMBER 2022

MONDAY

7am • **SUNRISE YOGA**
8:30am • **MAT PILATES**
10:30am • **JOYA YOGA**
5:45pm • **YIN YOGA**

TUESDAY

8:30am • **BARRE**
10:30am • **JOYA YOGA**
5:45pm • **JOYA YOGA**

WEDNESDAY

7am • **SUNRISE YOGA**
8:30am • **WHOLE BODY PILATES**
10:30am • **JOYA YOGA**
5:45pm • **YIN YOGA**

THURSDAY

7am • **TRX + YOGA FUSION**
8:30am • **BARRE**
10:30am • **JOYA YOGA**
5:45pm • **JOYA YOGA**

FRIDAY

7am • **BOOTCAMP**
8:30am • **WHOLE BODY PILATES**
10:30am • **JOYA YOGA**

SATURDAY

8:30am • **JOYA YOGA**
10am • **CYCLE + SCULPT**

SUNDAY

8:30am • **JOYA YOGA**
10am • **CYCLE + SCULPT**

INDIVIDUAL CLASS PRICING:

- Spa Members & Villa Owners: Complimentary
- Resort Guest: \$15 per class
- Local Guests: \$20 per class

SUNRISE YOGA Sunrise yoga brings energy to the body and nourishes the soul, to meet the challenges of the day ahead with positivity.

JOYA YOGA Our signature foundational yoga class that incorporates longer holds in poses, stillness, and deep breathing; encourages physical, mental, and emotional relaxation – all levels welcome.

YIN YOGA Yin Yoga focuses on passive seated poses that target the connective tissues of the body. These poses are held for minutes at a time to create physical release and mental relaxation.

TRX + YOGA FUSION TRX + Yoga Fusion focuses on balance, flexibility, strength, and core stability simultaneously, while integrating a blend of yoga poses.

BARRE Barre blends elements from different exercise styles including ballet, Pilates, and yoga.

MAT PILATES Classic Pilates methodology is used to strengthen the core, back and sides. This is a perfect session for cross training or therapy.

WHOLE BODY PILATES Joya Spa exclusive full body fusion of strengthening and toning movements combined with weights and foam rollers with a focus on form and alignment.

BOOTCAMP Challenging combination of cardiovascular drills and resistance training. A variety of equipment, props, drills and more will be used throughout this workout.

CYCLE + SCULPT Blend of two cardio classes in one session, beginning with a heart-pumping cycle gazing at Camelback Mountain; followed by deep muscle conditioning with light weights before finishing strong with a core workout.



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SPA & FITNESS MEMBERSHIP

Add the indulgence of an exotic resort getaway to your everyday with a Spa & Fitness Membership. Whether you are interested in the spa, fitness center, dining and entertainment, or just lounging poolside, the breathtaking, European-inspired Omni Scottsdale Resort & Spa at Montelucia can become your own personal retreat.

BENEFITS INCLUDE:

- Access to main pools and resort-wide venues
- Discounts on room rates, poolside cabana rentals (available on ResortPass.com), Joya Spa & Salon services, food, beverages and retail
- Exclusive invitations to select resort entertainment activities and more
- 24-hour fitness center access
- Use of Joya Spa amenities including whirlpools, saunas, steam rooms, cold deluge and terrace-top pool

COMPLIMENTARY MEMBERSHIP PERKS

Fitness classes

Haircut and style by a stylist in Joya Salon
(within first 90 days of signing)

One 50-minute Custom Massage or Signature Facial at Joya Spa for your birthday
(within your birthday month)

Introductory fitness evaluation and design of your personalized fitness program
(within first 90 days of signing)

Dinner for two in Prado—\$100 Value
(within first 90 days of signing)

MORE INFORMATION & PRICING: (480) 627-3020