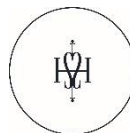


2017 Movement Studio Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am Gym Circuit 45m Sandy	6:30am Cardio Core 45m Georgia	6:30am Gym Circuit 45m Sandy	6:30am Body Conditioning 45m Janet	6:45am Body Conditioning 45m Mark	8:00am Spin 45m Morgan	8:00am Body Conditioning 45m Jeanette
7:30am Flow 60m Megan	7:15am TRX 45m Georgia	7:30am Yoga 60m Megan	7:15am Tread-n-Shred 45m Lindsey	9:00am Kickboxing 45m Dan	9:30am Yoga 75m John	9:00am Core/Abs 30m Jeanette
9:00am Fitness Fusion 60m Sandy	8:15am Express Barre 45m Kendall	9:00am Outdoor/Indoor Gym Bootcamp 45m Linda	8:00am ATC 45m Lindsey	10:15am Bootcamp 45m Jeanette		9:30am Yoga 75m Eva
12:00pm Gym Circuit 45m Sandy	9:00am Pilates Fusion 60m Kendall	9:00am Functional Conditioning Lite 45m Tracie	9:00am Yoga – Pilates 60m Lindsey	12:00pm Flow Yoga 60m Eva		
4:15pm Yoga 70m Sandy	10:30am HIIT 45m Tina	10:00am Total Body Conditioning 45m Linda	10:00am HIIT 45m Tina			
6:15pm Spin 45m Morgan	12:30pm Mat Pilates 45m Serene	10:45am Aqua Fitness 45m Lindsey	10:45am Barre 45m Tina			
	5:30pm Yoga 75m John	6:15pm Total Body Conditioning 60m Jeanette	6:15pm Pilates 45m Jeanette			

Classes are \$20 per class for Hotel Guest.

All levels are welcome in these adult only classes.



FITNESS CENTER

Located at Sense® spa, the Rosewood Sand Hill fitness center is equipped with state-of-the-art TechnoGym® equipment designed to personalize your fitness experience, including cardiovascular machines with touchscreen console and ipod compatibility, weight machines, free weights, Kinesis machine, Peloton bike and SkillMill.

PRIVATE WELLNESS PROGRAMS

Private training sessions are available for mind, body, and wellness activities. Please contact Lifestyle & Wellness Manager, Sunita Goldstein, at 650-561-1571 to schedule a private sessions, semi-private sessions or private class for group events. All classes are \$120.00 for 60 minutes.

Private Pilates Reformer

The ultimate core strength, flexibility and body awareness exercise that lengthens the body and aligns the spine. The resistance of the apparatus is based on spring resistance as compared to weight resistance. The spring resistance lengthens the fibers of the muscles as it strengthens promoting flexibility.

In Room Yoga or Yoga in Studio

Choose a style of Yoga that best suits your yoga practice. Combines strength, balance, flexibility, and rest.

Personal Training

A private personal training session to help you with your health and fitness goals. Choose fitness programs from strength training, cardio training and circuit training.

Swim Lessons

Private swim lessons to improve your kick, stroke and turns.

Boxing

A fun way to get an amazing full body workout, build stamina, and increase mental clarity. Boxing helps improve your cardiovascular system, increase your lean muscle mass and burn calories, hand & eye coordination, and achieve stronger core & balance. Gloves and punching bags provided.

Active Somatic Meditation

For folks who want the benefit of meditation but can't sit (or don't like sitting) still, ASM gives you access to deep states of internal and body awareness while keeping your body and breath in deliberate motion. You'll feel more in connection with your body, clearer in your mind, and more fully alive with this practice.

