



FITNESS & WELLNESS

FITNESS CLASSES

DAILY | 24 HOURS A DAY

Joya Fitness 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). After 7 p.m., please dial security at Ext. 3091 and an associate will escort you to the fitness center.

FITNESS CLASS PRICING: \$15 FOR RESORT GUESTS; \$20 FOR LOCAL GUESTS; COMPLIMENTARY FOR VILLA RESIDENTS & JOYA SPA MEMBERS. PRIVATE CLASSES AVAILABLE UPON REQUEST.

SUNRISE MINDFUL YOGA

MON 6:30AM; TUE & THU 6AM | JOYA MOTION STUDIO

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. All fitness levels are invited to attend.

HIIT BOOT CAMP

MON & WED | 9AM | JOYA MOTION STUDIO

This high intensity, interval experience is perfect for any fitness level. This workout includes a combination of strength and cardiovascular training using a variety of equipment, such as BOSU, TRX, battle ropes, jump rope, agility ladders, and more.

RELAXATION YOGA

MON & WED | 4:30PM | JOYA MOTION STUDIO

Your instructor will guide the class with much attention to individual needs and experience by offering modifications to simplify poses as well as options to intensify poses. Beginners to advanced practitioners are welcome.

MINDFUL YOGA

MON, WED & FRI 10:30AM; SUN 8AM | JOYA MOTION STUDIO

This is an all-levels class that follows a traditional format with much attention paid to safe alignment and correct yogic breathing.

SUNSET YOGA

TUE & THU | 5PM | JOYA MOTION STUDIO

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

VINYASA FLOW YOGA

TUE & SAT | 10:30AM | JOYA FITNESS TERRACE

This class incorporates transitioning from one yoga pose into the next, while keeping the mind focused on breathing and alignment to create an uplifting experience. Some knowledge of yoga is helpful but not mandatory.

JOYA FLOW YOGA

TUE & THU; 9AM, FRI & SAT 9:10AM; SUN 11AM

JOYA MOTION STUDIO

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. Some knowledge of yoga is helpful but not mandatory.

TRX STRENGTH & CORE

TUE & THU 7:30AM; SUN 9:30AM | JOYA MOTION STUDIO

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 to upper body, to core.

RIDE & SHINE CYCLE

WED & FRI | 7AM | JOYA MOTION STUDIO

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.

SPARKLING POOLS

KASBAH POOL

Take advantage of spacious seating areas, cabanas, a lounge area, restaurant and bar, oversized whirlpool and magnificent views of Camelback Mountain.

OASIS POOL (ADULTS 18 & OVER)

The Oasis Pool is a peaceful poolside experience featuring direct views of Camelback Mountain. Retreat from the shade in a cabana and refresh in the soothing whirlpool.

JOYA TERRACE POOL

Reserved exclusively for spa guests, Joya Terrace pool offers a tranquil atmosphere after a relaxing spa treatment at Joya Spa.



PRIVATE CABANAS

Rentals are available at both Kasbah and Oasis pool.

RESERVATIONS REQUIRED (480) 627-3043

CABANA RENTALS STARTING FROM \$99:

- > Misted, covered seating area for up to six people
- > Complimentary WiFi
- > Two upgraded chaise lounges
- > One order of chips & salsa for up to six people
- > One fruit platter for up to six people
- > Six bottles of water