



## 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.

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

#### MONDAY

10:30am • **JOYA YOGA**

#### TUESDAY

7am • **YOGA STRETCH**  
8:30am • **BARRE**  
12:00pm • **HATHA YOGA**  
4pm • **JOYA YOGA**

#### WEDNESDAY

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

#### THURSDAY

8:30am • **BARRE**  
10:30am • **HATHA YOGA**  
4pm • **JOYA YOGA**

#### FRIDAY

8:30am • **WHOLE BODY PILATES**  
10:30am • **HATHA YOGA**

#### SATURDAY

8:00am • **CAMELBACK HIKE**  
8:30am • **JOYA YOGA**  
10:30am • **BODY SCULPT**

#### SUNDAY

9:30am • **WHOLE BODY PILATES**  
10:30am • **STRENGTH & CONDITIONING**

#### INDIVIDUAL CLASS PRICING:

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

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

**BODY SCULPT** A muscle-toning class that focuses on building core strength.

**STRENGTH & CONDITIONING** A challenging workout that includes strength and interval training combined with mid to high intensity body weight movements.

**HATHA YOGA** A foundational yoga class that incorporates stillness, deep breathing and longer holds in poses to encourage physical, mental, and emotional relaxation.

**JOYA YOGA** Your instructor will guide you through the fundamentals of a yoga practice, customized to your personal needs and goals.

**SPIN** A combination of fast-paced cycling and strategic lighter rest intervals to get you recovered for the next burst!

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

**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.

**YIN YOGA** Deep stretches held for minutes at a time to create a connection with the physical sensations of the body while calming the mind.

**YOGA STRETCH** Release tension inside and out in this yoga-based stretch class.



## JOYA MOTION STUDIO

### 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