

CLUB NEWS August 1, 2016



from the director's chair

The dog days of summer have arrived. But don't worry, Sedona Athletic Club and eforea spa have several options for keeping cool. In this newsletter, get the scoop on our new Seasonal Wellness Education Series, which starts this month and goes through September. Topics include reflexology, detoxification, cupping and Kinesio taping. The classes are taught indoors, and they are free to Sedona Athletic Club members.

I'm excited about the fitness center refresh, which is also happening this month. You can read about it in Let's Get Physical. The exercise room will be closed for two weeks starting August 8, but don't let that keep you from working out. Take the opportunity to try a new class in our air-conditioned studio or practice your backstroke in our lap pool. I know our

members are going to appreciate the new floors and fresh paint when the room reopens at the end of the month.

Lastly, have you dined at ShadowRock recently? The restaurant has a new executive chef, Chris Knightly. Chris was born and raised in Pennsylvania, and he has 15 years in the hospitality industry, most recently in Phoenix. Make reservations today at ShadowRock or simply order your meal from the Member Lounge and have it delivered to you. Don't forget that you can also order food and drinks at the Sedona Athletic Club lap pool. You know what they say: Summertime and the living is easy...

Yours Truly,

Daniel Finch-McCaffrey
Spa Director



monthly member exclusives

Don't forget to check the front desk for new discounted spa treatments each month!

August Member Exclusives (available Sunday through Thursday)

Simply Massage (60/90 minutes): \$80/\$115

Deep Tissue (60/90 minutes): \$95/\$130

Essentials Facial (60/90 minutes): \$80/\$115



let's get physical

Sedona Athletic Club is excited to announce that the fitness room will be receiving a facelift this month. Get ready for new flooring and new paint. As a result, the fitness room will be closed August 8 through August 21. A temporary facility will be set up on the patio – take advantage of the opportunity to work-out outdoors for a few weeks! There will be no changes to the fitness class schedule (with the exception of the Tuesday and Thursday Circuit L2 class, which will be cancelled), and the Warrior Pit and lap pool will remain open during the update.





hilton gives back

Hilton Sedona Resort at Bell Rock was recently awarded a grant through Hilton Worldwide that will be used to facilitate a partnership with Verde Valley School's sustainability farm. Funds from the grant will help with farm expansion, irrigation, protection against pests, and the purchase of seeds, tools and building supplies. Food grown on the farm will be donated to Yavapai Food Council for use in its Bountiful Kitchen program. The program provides whole-food meals to at-risk children in Yavapai County. Hilton Sedona Resort at Bell Rock is excited about this new community partnership!



spotlight treatment of the quarter: cupping massage

Eforea spa is proud to announce the addition of Cupping Massage to its already illustrious menu of services. Cupping is an ancient therapy that uses negative pressure rather than tissue compression for superior results. Benefits include the release of connective tissues and adhesions, restoration of healthy blood flow to stagnant areas, a decrease in pain, lubrication of stiff joints and deep relaxation. Eforea's trained therapists offer three different cupping treatments to address specific conditions. Choose from fire cupping, silicone cupping and biomagnetic grid cupping. Your treatment may include a combination of modalities depending on your needs. Book a 20-minute session or add cupping to any massage or body treatment. There's also a 60-minute cupping treatment that includes a massage to further aid the body's healing process. Get ready to release deep tensions and toxins with this new service.





forever young: beauty tip of season

Eforea Spa will be offering a Seasonal Wellness Education Series in August and September taught by the spa's licensed massage therapists. Enjoy presentations, demonstrations and information on how to keep you looking and feeling forever young.

- August 5 and September 1, 3 p.m.: **What is Reflexology?** Learn specific techniques to help yourself and your family. Bring a friend or come alone. Hands-on. (2 hours)
- August 12 and September 8, 3 p.m.: **What is Cupping Massage All About?** Learn how this type of massage can release deep stagnation in your body. Three cupping styles will be demonstrated and discussed. Women: Please wear a bathing suit if you would like to receive a mini treatment. (2 hours)
- August 19 and September 15, 3 p.m.: **What is Kinesio Taping and How Can it Help Me When I Exercise?** Demonstrations and an informational presentation. (1 hour)
- August 26 and September 22, 3 p.m.: **What is Our New One-Week Detox Program All About?** This informational talk and individual consultation will focus on the integration of specific spa treatments, exercise regimens and diets all designed for toxin release. Eforea spa offers a new detox program that can help support you! (1 hour)



announcements

Invite new members to join Sedona's premier health and fitness club!
Download membership information [here](#).

class schedule

Did you know Sedona Athletic Club offers more than 30 fitness classes seven days a week? Find the right class for you [here](#).



shop eforea

Protect yourself from the sun while looking fashionable at the same time with the new women's UltraBraid Large Brim Visor from San Diego Hat Company. The UPF 50+ visor has the unique ability to roll and unroll, making it ultra packable. Meet your new favorite travel companion! Adjustable Velcro closure for a comfortable fit. Choose from a rainbow of colors.



shadowrock restaurant

Located at the Hilton Sedona Resort at Bell Rock, ShadowRock offers inspired southwestern cuisine crafted from regional ingredients. The restaurant serves breakfast, lunch and dinner seven days a week. Call 928-284-6909 or dial extension 6909 from the spa and have your meal delivered to the café so you never have to take off your robe.

