

JAN-MAR 2024

FITNESS CLASSES

MONDAY

7:30AM TRX Fusion **AT** Debbie
8:00AM Yoga Flow 75 MIN **FS** Susan
8:30AM Fitness Walk **SL** Debbie
9:30AM Chisel & Burn **FS** Debbie
10:30AM Mobility & Stretch **FS** Debbie
5:00PM Strength Training **FS** Samantha

TUESDAY

7:00AM Total Body Sculpt **FS** Vera
8:00AM Spin **FS** Vera
8:00AM Yoga / Meditation 90 MIN **AT** Stacy
9:30AM Floating Sound Bowl Med. **AT** Leanna
10:30AM Barre Fitness **FS** Leanna
6:00PM Yin Yoga **AT** Susan

WEDNESDAY

7:30AM TRX Fusion **AT** Debbie
8:00AM Yoga Flow 75 MIN **FS** Susan
8:30AM Aerial Yoga **AT** Debbie
9:30AM Chisel & Burn **FS** Debbie
5:00PM Strength Training **FS** Rachel
6:00PM Aerial Restorative Yoga **AT** Rachel

THURSDAY

7:00AM Yoga / Meditation 90 MIN **AT** Susan
7:00AM Core Conditioning **FS** Debbie
8:00AM Spin & Sculpt **FS** Debbie
9:30AM Aerial Yoga **AT** Leanna
10:30AM Barre Fitness **FS** Leanna

FRIDAY

7:00AM Strength Training **FS** Autumn
8:00AM Abs & Stretch **FS** Autumn
8:00AM Deep Yoga Stretch **AT** Rasoul
9:00AM Aqua Fitness** **SP** Debbie
9:00AM Mat Pilates **FS** Rasoul
10:30AM Aerial Yoga **AT** Debbie

SATURDAY

7:30AM Spin **FS** Vera
8:00AM Yoga / Meditation 90 MIN **AT** Gloria
8:30AM Circuit Training **FS** Vera
9:30AM Aerial Yoga **AT** Shanee
10:30AM Mobility & Stretch **FS** Abdelhak

SUNDAY

7:30AM Kung Fu Cardio **FS** Rasoul
8:15AM Tai Chi **FS** Rasoul
9:15AM Gentle Yoga **FS** Rasoul
9:30AM TRX Fusion **AT** Abdelhak
10:30AM Aerial Yoga **AT** Abdelhak

LOCATION KEY:

AT ATRIUM
FS FITNESS STUDIO
SB SUNSET BEACH & OVERLOOK
SN SONORAN LANDING
SP SPA ROOFTOP POOL
MB MIND/BODY
SL SPA LOBBY

* Complimentary to all Hotel Guests

** Spa Guest & Members Only

LIVE IT WELL

60 MIN Personal Training Sessions available for \$89,
and 30 MIN Assisted Stretch available for \$75.

Please call Spa Reservations at **480.585.2732**
to reserve your class as space is limited.

Fitness schedule may vary. Check with the spa for details.

CLASS DESCRIPTIONS

ABS & STRETCH | Abdominal workout for your 4 main abdominal muscles in your core, followed by abdominal stretching.

AERIAL RESTORATIVE FLOW | A gentle, meditative, slow stretching yoga flow that incorporates the silk hammock.

AERIAL YOGA | Utilizing a fabric hammock suspended from the ceiling, this unique yoga practice allows you to overcome gravity as you glide and release into each pose safely.

AQUA FIT | A low-impact workout, water-resistant toning coupled with Aerobic maneuvers. Wear swimwear. For all levels, weather permitting.

BARRE FITNESS | Techniques of Pilates, yoga, upper- and lower-body strengthening and lengthening, utilizing the Bender ball, bands and light weights. Exercises are designed to tighten and tone muscles without adding bulk to create balance, good posture and flexibility.

CHISEL & BURN | Circuit training, cardio, bodyweight exercises and core training. Help shed fat while building strength!

CORE CONDITIONING | A combination of cardio and strength exercises focusing on the core and your balance.

DEEP YOGA STRETCH | A very gentle stretch and Yin yoga class, consisting of postures on the floor that are held for an extended period of time (which helps improve flexibility). Props may be used such as blocks and straps.

FLOATING SOUND BOWL MEDITATION | While lying in an Aerial silk, a singing bowl is used to help promote meditation, relaxation and stress relief.

GENTLE YOGA | A slow-paced practice combining gentle yoga poses, breath work, strengthening and stretching the entire body through flowing sequences and held postures. This class is an invitation to relax, unwind and de-stress.

KUNG FU CARDIO | A combination of easy to learn movements into highly effective fat burning circuits, working your legs, core & upper body.

MAT PILATES | A contemporary mat class designed to strengthen & lengthen while improving your posture and core.

MOBILITY & STRETCH | This workout will guide you through exercises to loosen up muscles, joints and connective tissues for less pain and better movement.

SPIN & SCULPT | Exercise involving the spin bike to improve endurance, strength, intervals, high intensity and recovery. As well as incorporating free weights during your spin ride.

STRENGTH TRAINING | Improve muscular strength, endurance and cardiovascular fitness using a variety of equipment to create a well-rounded workout experience.

TAI CHI | A series of gentle physical exercises & stretches. Each posture flows into the next promoting serenity through gentle movements.

TOTAL BODY SCULPT | This full-body fun workout uses an array of equipment from dumbbells, tubing, stability balls and Bosu balls to Pilate rings. The continuous movement is designed to increase strength, mobility, stability and endurance!

TRX FUSION | Suspension workout designed to build strength, flexibility and endurance while strengthening your core.

YIN YOGA | This slow-pace meditative style of yoga is designed to improve your range of motion by holding static stretches. Focuses on connective tissue, increasing circulation and joint flexibility.

YOGA FLOW (75 MIN) | This class incorporates simple flowing sequences to warm up the body with slower paced movements, alignment, strength, balance and flexibility.

YOGA / MEDITATION (90 MIN) | This class is the perfect combination of breath, movement and deep relaxation.