

JAN-MAR 2026

FITNESS CLASSES

MONDAY

7:30AM Circuit Training **FS Debbie**
8:00AM Yoga Flow 75 MIN **AT Susan**
8:30AM Pilates Reformer** & **FS Debbie**
9:30AM Mobility & Stretch **AT Susan**
9:30AM Chisel & Burn **FS Debbie**
10:30AM Cardio HIIT **FS Sammy**

TUESDAY

7:00AM Cardio Core Stretch **FS Debbie**
8:00AM Spin & Sculpt **FS Vera**
8:00AM Yoga/Meditation 90 MIN **AT Stacy**
9:00AM Pilates Reformer** & **FS Debbie**
9:30AM Gentle Aerial Yoga Meditation **AT Stacy**
10:30AM Barre Fitness **FS Stacy**
4:00PM Sculpt & Core **FS Susan**
5:00PM Yin Yoga **FS Susan**

WEDNESDAY

7:30AM TRX Fusion **AT Debbie**
8:00AM Yoga Flow 75 MIN **FS Susan**
8:30AM Mobility & Stretch **AT Debbie**
9:30AM Chisel & Burn **FS Debbie**
9:30AM Mat Pilates **AT Rasoul**
10:30AM Aerial Yoga **AT Rasoul**
10:45AM Pilates Reformer** & **FS Debbie**

THURSDAY

7:00AM Cardio Core Stretch **FS Debbie**
7:30AM Yoga/Meditation 90 MIN **AT Susan**
8:00AM Spin & Sculpt **FS Debbie**
9:00AM Pilates Reformer** & **FS Debbie**
9:30AM Aerial Yoga **AT Leanna**
10:30AM Barre Fitness **FS Leanna**
4:30PM Circuit Training **FS Rachel**
5:30PM Gentle Aerial Yoga Meditation **AT Rachel**

FRIDAY

7:30AM Mat Pilates **FS Autumn**
8:00AM Deep Yoga Stretch **AT Rasoul**
8:30AM Pilates Reformer** & **FS Autumn**
9:15AM Aerial Yoga **AT Rasoul**
9:30AM Cardio Dance **FS Debbie**

SATURDAY

7:30AM Cycle & Zen **FS Vera**
8:00AM Yoga/Meditation 90 MIN **AT Gloria**
8:30AM Strength Training **FS Rachel**
9:30AM Bounce Fitness **FS Rachel**
9:30AM Aerial Yoga **AT Shanea**
10:30AM Mobility & Stretch **FS Abdelhak**

SUNDAY

7:30AM Tai Chi **FS Rasoul**
8:15AM Gentle Yoga **AT Rasoul**
8:30AM Pilates Reformer** & **FS Autumn**
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

& \$45 / Person

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

AERIAL RESTORATIVE YOGA

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.

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.

BOUNCE FITNESS

A high adrenaline, low impact, trampoline fitness class that will leave you feeling happy and energized! The tone is set to upbeat fun music, as you work through Bounce cardio sequences that will challenge your mind and body. Bounce incorporates strength training and balancing work all while strengthening your core throughout class.

CHISEL & BURN

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

CARDIO CORE STRETCH

A combination of cardio and core exercises focusing on lengthening muscles and balance.

CIRCUIT TRAINING

A full body circuit workout that involves rotating through various exercises with minimal rest in between.

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.

FLOAT FIT

Full body interval workout consisting of Yoga/Balance moves, squats, lunges, planks, burpees, and lots of fun fitness moves on the board!

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.

MAT PILATES

A contemporary mat class designed to strengthen and 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.

PILATES FUSION

A workout that blends Pilates with exercises, such as yoga or strength training to provide a well-rounded workout that improves core strength, flexibility, posture and overall fitness

PILATES REFORMER

A low-impact workout that will help create toned lean bodies, improves posture, balance & muscle imbalances and increases your flexibility.

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 and stretches. Each posture flows into the next promoting serenity through gentle movements.

TOTAL BODY SCULPT / LIGHT WEIGHTS

Focuses on toning and shaping muscles using light dumbbells and resistance bands typically with high repetitions.

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.