

JULY–SEPTEMBER 2026

FITNESS CLASSES

MONDAY

7:30AM TRX Total Body Training *AT Debbie*
8:30AM Yoga Flow (75 MIN) *AT Susan*
8:30AM Pilates Reformer** & FS *Debbie*
9:15AM Aqua Fitness SP *Sammy*
9:30AM Chisel & Burn FS *Debbie*
9:45AM Mobility & Stretch *AT Susan*

TUESDAY

7:00AM Cardio Fusion 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 Total Body Training *AT Debbie*
8:00AM Yoga Flow (75 MIN) FS *Susan*
8:30AM Float Fit SP *Rasoul*
8:30AM Mobility & Stretch *AT Debbie*
9:30AM Chisel & Burn FS *Debbie*
9:45AM Mat Pilates *AT Rasoul*
10:45AM Aerial Yoga *AT Rasoul*
10:45AM Pilates Reformer** & FS *Debbie*

THURSDAY

7:00AM Cardio Fusion 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*

FRIDAY

7:30AM Pilates Fusion FS *Debbie*
8:00AM Deep Stretch Yoga *AT Rasoul*
8:45AM Aqua Fitness SP *Debbie*
9:15AM Aerial Yoga *AT Rasoul*
10:15AM Pilates Reformer** & FS *Debbie*

SATURDAY

8:00AM Float Fit SP *Rasoul*
8:00AM Yoga/Meditation (90 MIN) *AT Gloria*
9:30AM Kung Fu Cardio (45 MIN) SP *Rasoul*
9:30AM Aerial Yoga *AT Shanee*
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 Total Body Training *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

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.

LIVE IT WELL

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.

AQUA FITNESS

A low-impact workout, water-resistive 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!

CARDIO FUSION

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

DEEP STRETCH YOGA

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.

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 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 TOTAL BODY TRAINING

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.