

APR-JUN 2026

FITNESS CLASSES

MONDAY

- 7:30AM TRX Fusion AT *Debbie*
- 8:00AM Yoga Flow 75 MIN AT *Susan*
- 8:30AM Pilates Reformer** & FS *Debbie*
- 9:15AM Aqua Fitness SP *Sammy*
- 9:30AM Chisel & Burn FS *Debbie*
- 9:30AM Mobility & Stretch AT *Susan*

TUESDAY

- 7:00AM Cardio Step & Sculpt FS *Debbie*
- 8:00AM Spin & Sculpt FS *Vera*
- 8:00AM Yoga/Meditation 90 MIN AT *Stacy*
- 9:00AM Pilates Reformer** & FS *Debbie*
- 9:15AM Aqua Fitness SB *Vera*
- 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 Float Fit SP *Rasoul*
- 8:30AM Mobility & Stretch AT *Debbie*
- 9:30AM Chisel & Burn FT *Debbie*
- 9:45AM Mat Pilates AT *Rasoul*
- 10:45AM 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 *Leanna*
- 5:30PM Aerial Yoga/Sound Bowl Meditation AT *Leanna*

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 Aqua Fitness SP *Debbie*

SATURDAY

- 7:30AM Cycle & Zen FS *Vera*
- 8:00AM Yoga/Meditation 90 MIN AT *Gloria*
- 8:45AM Float Fit SP *Vera*
- 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 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.