

FUN AND ADVENTURE

March 3rd - 9th

All Activities Are Complimentary for Guests & Members Unless Otherwise Specified.

Sunday
March 3

5:30pm Native
Flute (*Colibri*
Firepit)

Monday
March 4

7:30am Dynamic
Stretching - **Joe**
(FR)

7:30am HIIT
Circuit - **Darian**
(FR)

9:30am HIIT
Circuit - **Darian**
(FR)

5:30pm Native
Flute (*Colibri*
Firepit)

Tuesday
March 5

7:30am HIIT
Circuit- **Darian**
(FR)

9:30am HIIT
Circuit - **Darian**
(FR)

10:30am Abs &
Stretch - **Sarah**
(FR)

11:15am Power
Walk - **Sarah** (FR)

5:30pm Native
Flute (*Colibri*
Firepit)

Wednesday
March 6

7:30am 2.5 Hour
Desert Hike- **Jen**
(Lobby)

10:30am Yoga
Flow- **Jen** (MS)

11:30am Meditation
- **Jen** (MS)

1pm Strength
Training - **Hugo** (FR)

2pm Stretch - **Hugo**
(MS)

3pm Fitness
Counseling - **Hugo**
(FR)

5:30pm Native
Flute (*Colibri*
Firepit)

Thursday
March 7

8:30am HIIT
Circuit - **Darian**
(FR)

10am HIIT Circuit -
Darian (FR)

12pm Sound
Healing - **Mitzellah**
(Catalina)

1pm Stretch -
Hugo (MS)

2pm Abs & Glutes-
Hugo (FR)

3pm Intro to
Cycling - **Hugo** (FR)

5:30pm Native
Flute (*Colibri*
Firepit)

Friday
March 8

9am Stretch -
Kristy (MS)

2pm Balance-
Hugo (MS)

3pm Intro to
Weightlifting -
Hugo - (FR)

5:30pm Native
Flute (*Colibri*
Firepit)

6pm Live Music -
Sly the Piano Guy
(Lobby)

Saturday
March 9

9am Dynamic
Stretching - **Joe** (FR)

10am Shamanic
Drumming Circle - **Joe**
(MS)

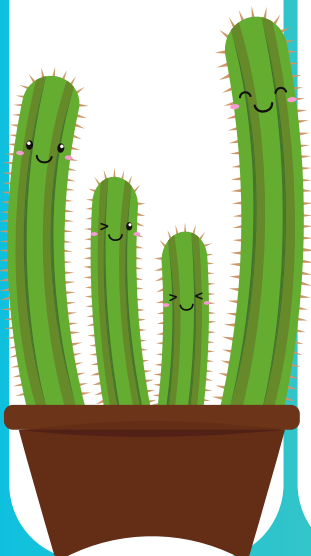
10am Saguaro Walk &
Talk - **Rozali** (Lobby)

11am Yoga Nidra - **Joe**
(MS)

12pm Aqua Yoga -
Rozali (Main Pool)

5:30pm Native Flute
(*Colibri* *Firepit*)

6pm Live Music - **Sly**
the Piano Guy (Lobby)



Class Descriptions:

Abs & Glutes: Focused exercises to tone the core and the glutes.

Abs & Stretch: A full body stretch, innovative abs strengthening throughout.

Active Mobility: Functional movement to increase mobility in hips and shoulders. Great for pre-workout!

Aqua Yoga: What could be more fun than yoga in the pool?! Proper pool attire required.

Balance: Strengthen the core and focus on improving balance.

Desert Hike: A moderately vigorous stroll with breaks to learn about the desert & to take photos.

Dynamic Stretching: Energize your body with gentle movements. (Outdoors, weather permitting)

Fitness Counseling: Develop a plan you can stick to and achieve your wellness goals.

HIIT Circuit: High Intensity Interval Training to get your heart pumping.

Intro to Cycling: Learn how to use the indoor bikes and the basics of spinning.

Intro to Weightlifting: Learn proper form and how to lift weight safely.

Meditation: Learn the art of paying attention and being still.

Power Walk: A fast-paced walk around the beautiful resort & accompanying neighborhood.

Saguaro Walk & Talk: Leisurely walk with informative talk about Sonoran Desert.

Shamanic Drumming Circle: Connect with ancestors & spirit guides through a drumming journey.

Sound Healing: Relax & let the sounds wash over you to relax your body & mind.

Strength Training: Get stronger with weight bearing exercises.

Stretch: Gentle stretching for the whole body. All levels welcome.

Yoga Flow: Mindful Movement guided by the rhythm of the breath.

Yoga Nidra: Guided meditation to promote relaxation & help improve quality of sleep.

Location Key:

FR = Fitness Room

MS = Movement Studio

FUN AND ADVENTURE

March 10th - 16th

All Activities Are Complimentary for Guests & Members Unless Otherwise Specified.

Sunday
March 10

3pm Line Dance -
Rozali (*Tucson*)

5:30pm Native
Flute (*Colibri*
Firepit)

Monday
March 11

7:30am Dynamic
Stretching - **Joe**
(*FR*)

7:30am HIIT
Circuit - **Darian**
(*FR*)

9:30am HIIT
Circuit - **Darian**
(*FR*)

5:30pm Native
Flute (*Colibri*
Firepit)

Tuesday
March 12

7:30am HIIT
Circuit- **Darian**
(*FR*)

9:30am HIIT
Circuit - **Darian**
(*FR*)

10:30am Foam
Roll Express-
Sarah (*FR*)

11am Abs
Express- **Sarah**
(*FR*)

5:30pm Native
Flute (*Colibri*
Firepit)

Wednesday
March 13

8:30am Active
Mobility Express -
Darian (*FR*)

9:30am Active
Mobility Express -
Darian (*FR*)

10:30am Family
Yoga- **Jen** (*Tucson*)

1pm Strength
Training - **Hugo** (*FR*)

2pm Stretch - **Hugo**
(*MS*)

3pm Fitness
Counseling - **Hugo**
(*FR*)

5:30pm Native
Flute (*Colibri*
Firepit)

Thursday
March 14

9am HIIT Circuit -
Darian (*FR*)

9am Puzzle Time -
Mitzellah (*Colibri*)

10am HIIT Circuit -
Darian (*FR*)

11am Yin Yoga -
Mitzellah (*MS*)

12pm Restorative
Yoga - **Mitzellah**
(*MS*)

1pm Stretch -
Hugo (*MS*)

2pm Abs & Glutes-
Hugo (*FR*)

3pm Intro to
Cycling - **Hugo** (*FR*)

5:30pm Native
Flute (*Colibri*
Firepit)

Friday
March 15

9am Stretch -
Kristy (*MS*)

10:30am Abs &
Stretch - **Sarah**
(*FR*)

11:30am Power
Walk - **Sarah** (*FR*)

2pm Balance-
Hugo (*MS*)

3pm Intro to
Weightlifting -
Hugo - (*FR*)

5:30pm Native
Flute (*Colibri*
Firepit)

6pm Live Music -
Sly the Piano Guy
(*Lobby*)

Saturday
March 16

9am Dynamic
Stretching - **Joe**
(*FR*)

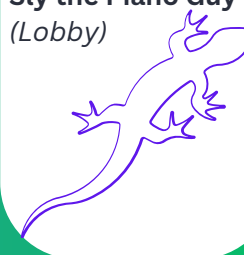
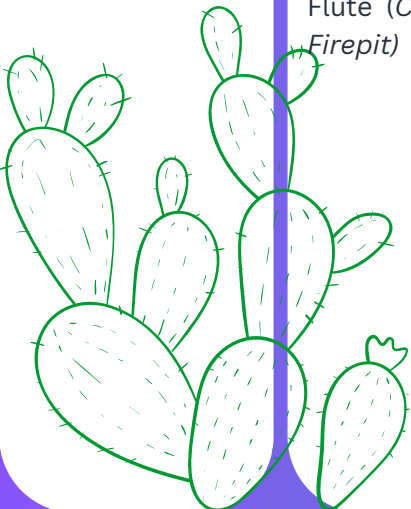
10am Shamanic
Drumming Circle -
Joe (*MS*)

10am Saguaro Walk
& Talk - **Rozali**
(*Lobby*)

12pm Aqua Yoga -
Rozali (*Main Pool*)

5:30pm Native
Flute (*Colibri*
Firepit)

6pm Live Music -
Sly the Piano Guy
(*Lobby*)



Class Descriptions:

Abs & Glutes: Focused exercises to tone the core and the glutes.

Abs & Stretch: A full body stretch, innovative abs strengthening throughout.

Active Mobility: 30 min. of functional movement to increase mobility in hips and shoulders.

Aqua Yoga: What could be more fun than yoga in the pool?! Proper pool attire required.

Balance: Strengthen the core and focus on improving balance.

Desert Hike: A moderately vigorous stroll with breaks to learn about the desert & to take photos.

Dynamic Stretching: Energize your body with gentle movements. (Outdoors, weather permitting)

Fitness Counseling: Develop a plan you can stick to and achieve your wellness goals.

Foam Roll Express: Learn the benefits of foam rolling for increased mobility and flexibility. 30 min.

HIIT Circuit: High Intensity Interval Training to get your heart pumping.

Intro to Cycling: Learn how to use the indoor bikes and the basics of spinning.

Intro to Weightlifting: Learn proper form and how to lift weight safely.

Line Dance: Learn easy steps to your favorite tunes. A great cardio workout for all levels.

Meditation: Learn the art of paying attention and being still.

Power Walk: A fast-paced walk around the beautiful resort & accompanying neighborhood.

Saguaro Walk & Talk: Leisurely walk with informative talk about Sonoran Desert.

Shamanic Drumming Circle: Connect with ancestors & spirit guides through a drumming journey.

Strength Training: Get stronger with weight bearing exercises.

Stretch: Gentle stretching for the whole body. All levels welcome.

Yin Yoga: Longer held stretches for greater flexibility.

Yoga Nidra: Guided meditation to promote relaxation & help improve quality of sleep.

Location Key:

FR = Fitness Room
MS = Movement Studio

FUN AND ADVENTURE

March 17th - 23rd

All Activities Are Complimentary for Guests & Members Unless Otherwise Specified.

**Sunday
March 17**

St. Patrick's Day

10am Sacred Somatic Dance Class - **Kristy** (Tucson)

5:30pm Native Flute (Colibri Firepit)



**Monday
March 18**

7:30am Dynamic Stretching - **Joe** (FR)

7:30am HIIT Circuit - **Darian** (FR)

9:30am HIIT Circuit - **Darian** (FR)

5:30pm Native Flute (Colibri Firepit)

**Tuesday
March 19**

National Let's Laugh Day

7:30am HIIT Circuit- **Darian** (FR)

9:30am HIIT Circuit - **Darian** (FR)

11:30am Laughter Yoga - **Kristy** (Colibri Firepit)

2pm Laughter Yoga - **Kristy** (Main Pool)

5:30pm Native Flute (Colibri Firepit)



**Wednesday
March 20**

International Day of Happiness

7:30am 2.5 Hour Desert Hike- **Jen** (Lobby)

9:30am Art of Happiness Workshop - **Kristy** (Tucson)

10:30am Yoga Flow - **Jen** (MS)

11:30am Meditation - **Jen** (MS)

1pm Strength Training - **Hugo** (FR)

2pm Stretch - **Hugo** (MS)

3pm Fitness Counseling - **Hugo** (FR)

5:30pm Native Flute (Colibri Firepit)

**Thursday
March 21**

World Poetry Day

8:30am HIIT Circuit - **Darian** (FR)

10am HIIT Circuit - **Darian** (FR)

11am Poetic Relaxation - **Kristy** (MS)

1pm Stretch - **Hugo** (MS)

2pm Abs & Glutes- **Hugo** (FR)

3pm Intro to Cycling - **Hugo** (FR)

5:30pm Native Flute (Colibri Firepit)

**Friday
March 22**

9am Stretch - **Kristy** (MS)

2pm Balance- **Hugo** (MS)

3pm Intro to Weightlifting - **Hugo** - (FR)

4pm Zumba - **Hugo** (Tucson)

5:30pm Native Flute (Colibri Firepit)

6pm Live Music - **Sly the Piano Guy** (Lobby)

**Saturday
March 23**

9am Dynamic Stretching - **Joe** (FR)

10am Shamanic Drumming Circle - **Joe** (MS)

10:15am Saguaro Walk & Talk - **Rozali** (Lobby)

11am Yoga Nidra - **Joe** (MS)

12pm Aqua Yoga - **Rozali** (Main Pool)

5:30pm Native Flute (Colibri Firepit)

6pm Live Music - **Sly the Piano Guy** (Lobby)

Class Descriptions:

Abs & Glutes: Focused exercises to tone the core and the glutes.

Active Mobility: Functional movement to increase mobility in hips and shoulders. Great for pre-workout!

Aqua Yoga: What could be more fun than yoga in the pool?! Proper pool attire required.

Art of Happiness: Discover what is holding you back from being happy. Learn to be happier.

Balance: Strengthen the core and focus on improving balance.

Desert Hike: A moderately vigorous stroll with breaks to learn about the desert & to take photos.

Fitness Counseling: Develop a plan you can stick to and achieve your wellness goals.

HIIT Circuit: High Intensity Interval Training to get your heart pumping.

Intro to Cycling: Learn how to use the indoor bikes and the basics of spinning.

Intro to Weightlifting: Learn proper form and how to lift weight safely.

Laughter Yoga: 30 minutes of non-stop laughter. HaHaHa!

Line Dance: Learn easy steps to your favorite tunes. A great cardio workout for all levels.

Meditation: Learn the art of paying attention and being still.

Power Walk: A fast-paced walk around the beautiful resort & accompanying neighborhood.

Saguaro Walk & Talk: Leisurely walk with informative talk about Sonoran Desert.

Shamanic Drumming Circle: Connect with ancestors & spirit guides through a drumming journey.

Strength Training: Get stronger with weight bearing exercises.

Stretch: Gentle stretching for the whole body. All levels welcome.

Yoga Nidra: Guided meditation to promote relaxation & help improve quality of sleep.

Yoga Flow: Mindful Movement guided by the rhythm of the breath.

Zumba: Fun cardio-dance class inspired by Latin moves and music.

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FUN AND ADVENTURE

March 24th - 30th

All Activities Are Complimentary for Guests & Members Unless Otherwise Specified.

Sunday
March 24

3pm Line Dance -
Rozali (Tucson)

5:30pm Native
Flute (Colibri
Firepit)

Monday
March 25

7:30am Dynamic
Stretching - **Joe**
(FR)

7:30am HIIT
Circuit - **Darian**
(FR)

9:30am HIIT
Circuit - **Darian**
(FR)

1pm Yoga Flow -
Jen (MS)

2pm Meditation -
Jen (MS)

3pm Journaling
with **Jen** (Lobby)

4pm Silent Book
Club - **Jen** (Colibri
Lounge)

5:30pm Native
Flute (Colibri
Firepit)

Tuesday
March 26

7:30am HIIT
Circuit- **Darian**
(FR)

9:30am HIIT
Circuit - **Darian**
(FR)

10:30am Foam
Roll Express -
Sarah (FR)

11am Abs Express
- **Sarah** (FR)

11:30am Power
Walk - **Sarah** (FR)

5:30pm Native
Flute (Colibri
Firepit)

Wednesday
March 27

7:30am 2.5 Hour
Desert Hike- **Jen**
(Lobby)

10:30am Yoga Flow
- **Jen** (MS)

11:30am Meditation
- **Jen** (MS)

1pm Strength
Training - **Hugo** (FR)

2pm Stretch - **Hugo**
(MS)

3pm Fitness
Counseling - **Hugo**
(FR)

5:30pm Native
Flute (Colibri
Firepit)

Thursday
March 28

8:30am HIIT
Circuit - **Darian**
(FR)

10am HIIT Circuit -
Darian (FR)

11am Vision Board
Workshop -
Mitzellah
(Boardroom)

1pm Stretch -
Hugo (MS)

2pm Abs & Glutes-
Hugo (FR)

3pm Intro to
Cycling - **Hugo** (FR)

5:30pm Native
Flute (Colibri
Firepit)

Friday
March 29

International
Mermaid Day

9am Stretch -
Kristy (MS)

2pm Balance-
Hugo (MS)

3pm Intro to
Weightlifting -
Hugo - (FR)

5:30pm Native
Flute (Colibri
Firepit)

6pm Live Music -
Sly the Piano Guy
(Lobby)

7pm Family Movie
Night - **The Little**
Mermaid (White
Dove)

Saturday
March 30

9am Dynamic
Stretching - **Joe**
(FR)

10am Shamanic
Drumming Circle -
Joe (MS)

10:15am Saguaro
Walk & Talk - **Rozali**
(Lobby)

11am Yoga Nidra -
Joe (MS)

12pm Aqua Yoga -
Rozali (Main Pool)

5:30pm Native
Flute (Colibri
Firepit)

6pm Live Music -
Sly the Piano Guy
(Lobby)

Class Descriptions:

Abs & Glutes: Focused exercises to tone the core and the glutes.

Abs & Stretch: A full body stretch, innovative abs strengthening throughout.

Active Mobility: Functional movement to increase mobility in hips and shoulders. Great for pre-workout!

Aqua Yoga: What could be more fun than yoga in the pool?! Proper pool attire required.

Balance: Strengthen the core and focus on improving balance.

Desert Hike: A moderately vigorous stroll with breaks to learn about the desert & to take photos.

Dynamic Stretching: Energize your body with gentle movements. (Outdoors, weather permitting)

Fitness Counseling: Develop a plan you can stick to and achieve your wellness goals.

Foam Roll Express: Learn the benefits of foam rolling for increased mobility and flexibility. 30 min.

HIIT Circuit: High Intensity Interval Training to get your heart pumping.

Intro to Cycling: Learn how to use the indoor bikes and the basics of spinning.

Intro to Weightlifting: Learn proper form and how to lift weight safely.

Line Dance: Learn easy steps to your favorite tunes. A great cardio workout for all levels.

Meditation: Learn the art of paying attention and being still.

Power Walk: A fast-paced walk around the beautiful resort & accompanying neighborhood.

Saguaro Walk & Talk: Leisurely walk with informative talk about Sonoran Desert.

Shamanic Drumming Circle: Connect with ancestors & spirit guides through a drumming journey.

Strength Training: Get stronger with weight bearing exercises.

Stretch: Gentle stretching for the whole body. All levels welcome.

Yoga Flow: Mindful Movement guided by the rhythm of the breath.

Yoga Nidra: Guided meditation to promote relaxation & help improve quality of sleep.

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