



Group Fitness Calendar

Please contact
Spa Guest Services
at **480-951-5150**
or **480-948-5000**
for more
information.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6:00AM		<p>KICK IT! High energy, cardio based kick boxing workout to challenge all levels of fitness. Build stamina, improve coordination and burn calories as you build muscle. *non-contact workout</p>		<p>TONE AND TIGHTEN Body weight, light weight, and band exercises to build a gorgeous lean and toned body. Focused heavily on abs and glutes to help you sculpt your curves</p>	
10:00AM		<p>CARDIO STRENGTH Muscle conditioning exercises with cardiovascular intervals. Using a variety of equipment: step, BOSU, large exercise ball, free weights. Participants can choose to use equipment or perform exercises on the floor</p>	<p>YOGA STRETCH MASHUP Improve muscle tone, posture, coordination and relieve stress with conditioning exercises, gentle stretching and strengthening techniques with a little cardio to boot</p>	<p>PLAZA BARRE Muscle conditioning and elongation techniques achieved by high repetitions of exercises using light weights and/or participant's own body weight</p>	<p>YOGA - FLOW All students practice the same postures at individual ability levels while receiving the same benefits</p>
11:00AM	<p>PLAZA CHAIR Chair exercises can tone muscles, improve cardiovascular fitness, and burn calories. We will work on muscle conditioning and elongation technique achieved while using a chair</p>	<p>STRETCH AND RELAX Focus on stretches that increase muscle and posture awareness and overall flexibility levels with periods of relaxation to assist with stress management</p>		<p>PLAZA CHAIR Chair exercises can tone muscles, improve cardiovascular fitness, and burn calories. We will work on muscle conditioning and elongation technique achieved while using a chair</p>	