



GROUP FITNESS CLASSES



THE SCOTTSDALE
PLAZA
RESORT

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

Updated 1/17/20

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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| <p>CARDIO MOVES 10-11AM</p> <p>A high energy, music based class. Boost your heart rate while getting your whole body moving. Each movement extends from the core helping you work your midsection</p> | <p>PLAZA BARRE 10-11AM</p> <p>Muscle conditioning and elongation techniques achieved by high repetitions of exercises using light weights and/or participant's own body weight</p> | <p>YOGA MASHUP 10-11:30AM</p> <p>Improve muscle tone, posture, coordination and relieve stress with conditioning exercises, utilizing yoga stretching and strengthening techniques...with a little cardio to boot</p> | <p>CARDIO STRENGTH 10-11AM</p> <p>Muscle conditioning exercises with cardiovascular intervals. Using a variety of equipment: step, bands, large exercise ball, free weights.</p> | <p>SUNRISE YOGA 8-9AM</p> <p>Begin the day with this energizing class, designed to ease tension in the body and mind. The class will focus on flexibility, strength and balance. Welcome to all levels.</p> | <p>YIN RESTORATIVE YOGA 11-12PM</p> <p>A deeply nurturing blend of yin and restorative poses to help open and soothe the body and mind</p> |
| <p>PLAZA DESKERCISE 11-12PM</p> <p>Seated and standing exercises that tone muscles, improve cardiovascular fitness, and burn calories. We work on core conditioning and elongation techniques</p> | <p>STRETCH & RELAX 11-12PM</p> <p>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 DESKERCISE 11-12PM</p> <p>Seated and standing exercises that tone muscles, improve cardiovascular fitness, and burn calories. We work on core conditioning and elongation techniques</p> | <p>YOGA MASHUP 10-11:30</p> <p>Improve muscle tone, posture, coordination and relieve stress with conditioning exercises, utilizing yoga stretching and strengthening techniques...with a little cardio to boot</p> | <p>MINDFUL YOGA 5-6PM</p> <p>Unwind and recharge with slow flowing yoga in a relaxing atmosphere</p> |