



# Group Fitness Calendar

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>10:00AM</b>		<p><b>CARDIO STRENGTH</b> 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><b>YOGA STRETCH MASHUP</b> Improve muscle tone, posture, coordination and relieve stress with conditioning exercises, gentle stretching and strengthening techniques with a little cardio to boot</p>	<p><b>PLAZA BARRE</b> Muscle conditioning and elongation techniques achieved by high repetitions of exercises using light weights and/or participant's own body weight</p>	<p><b>YOGA - FLOW</b> All students practice the same postures at individual ability levels while receiving the same benefits</p>
<b>11:00AM</b>	<p><b>PLAZA CHAIR</b> 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><b>STRETCH AND RELAX</b> Focus on stretches that increase muscle and posture awareness and overall flexibility levels with periods of relaxation to assist with stress management</p>		<p><b>PLAZA CHAIR</b> 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>	