



Group Fitness Calendar



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**CARDIO MOVES
10-11AM**

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

**YOGA MASHUP
10-11:30AM**

Improve muscle tone, posture, coordination and relieve stress with conditioning exercises, utilizing yoga stretching and strengthening techniques...with a little cardio to boot

**CARDIO STRENGTH
10-11AM**

Muscle conditioning exercises with cardiovascular intervals. Using a variety of equipment: step, bands, large exercise ball, free weights.

**YOGA MASHUP
10-11:30**

Improve muscle tone, posture, coordination and relieve stress with conditioning exercises, utilizing yoga stretching and strengthening techniques...with a little cardio to boot

**PLAZA
DESKERCISE
11-12PM**

Seated and standing exercises that tone muscles, improve cardiovascular fitness, and burn calories. We work on core conditioning and elongation techniques

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Seated and standing exercises that tone muscles, improve cardiovascular fitness, and burn calories. We work on core conditioning and elongation techniques