



# 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  
10AM**

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  
10AM**

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

**CARDIO MOVES  
10-11AM**

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**YOGA MASHUP  
10AM**

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  
11AM**

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