



Group Fitness Calendar



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10:00AM

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

PLAZA BARRE
Muscle conditioning and elongation techniques achieved by high repetitions of exercises using light weights and/or participant's own body weight

YOGA - FLOW
All students practice the same postures at individual ability levels while receiving the same benefits

11:00AM

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

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

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