

ARIZONA BILTMORE™
 A WALDORF ASTORIA™ RESORT

Fitness Class Schedule

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8AM	Aqua Bootcamp	Vinyasa Yoga	Hatha Yoga	Mat Pilates	Aqua Bootcamp	Hatha Yoga	Mat Pilates
9AM	Mat Pilates	Hydrofit	Hydrofit	Power Circuit	Hatha Yoga	Power Circuit	Hydrofit
5PM	Yin Yoga					Meditation	Stretch & Restore

AQUA BOOT CAMP Catalina Pool
 A great cardio and strength workout challenge using the resistance of water.

HATHA YOGA Paradise Lawn
 Body postures and breathing techniques for a healthy body and peaceful mind.

HYDRO-FIT Catalina Pool
 This deep-water class in the pool delivers a total body workout.

MAT PILATES Paradise Lawn
 Increase flexibility and build core strength through Pilates on the mat.

POWER CIRCUIT Fitness Center
 Intense cardio conditioning and core strengthening with equipment finesse.

STRETCH & RESTORE Paradise Lawn
 A therapeutic yoga practice for all ages moving slowly through simple poses to stretch, re-align and strengthen.

VINYASA YOGA Paradise Lawn
 Move through yoga poses seamlessly using breath.

YIN YOGA Paradise Lawn
 Slow deep stretch which give you space to turn inward and tune into both your mind and physical sensation of your body.

For class information, call 602-381-7684 or touch 7684 from your guest room.