

# ARIZONA BILTMORE™

A WALDORF ASTORIA™ RESORT

## Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM	Biltmore Bootcamp		Power Circuit	Power Circuit	Abs & Glutes		
8AM		TRX	Pilates		Hatha Yoga	Pilates	
9AM	Chakra Balancing — Hydrofit	Hydrofit	Hydrofit	Hatha Yoga — Hydrofit	Yin Yoga	Hydrofit	Pilates — Hydrofit
10AM						Stretch/ Restore	Hatha Yoga

### **BILTMORE BOOTCAMP** Fitness Center

Typically a high intensity workout- bursts of intense activity alternated with intervals of lighter activity. Join us as we make our way throughout the hotel landscape and we end up in the fitness center.

### **CHAKRA BALANCING** Valley Room

Through yoga poses and breath work, the 7 chakras in the body are targeted to restore harmony and balance.

### **HYDROFIT** Catalina Pool

This deep-water class in the pool delivers a total body workout.

### **HATHA YOGA** Valley Room

Body postures and breathing techniques for a healthy body and peaceful mind.

### **TRX** Fitness Center

Work every major muscle group with strap exercises and high intensity, powerful movements.

### **POWER CIRCUIT** Fitness Center

Intense cardio conditioning and core strengthening with equipment finesse.

### **MAT PILATES** Valley Room

Increase flexibility and build core strength through Pilates on the mat.

### **ABS & GLUTES** Fitness Center

Advanced workout for those who like to push their bodies to create those abs and booty!

### **YIN YOGA** Valley Room

A slow deep stretch which gives you space to turn inward and tune into both your mind and the physical sensations of your body.

### **STRETCH & RESTORE** Valley Room

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

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