





DECEMBER FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM BALANCE BARRE	7:30 AM POWER CIRCUIT	7:30 AM BOOT CAMP	7:00 AM POWER CIRCUIT	8:00 AM MAT PILATES	8:00 AM HATHA YOGA	8:30 AM ZUMBA
9:00 AM GUIDED HIKE	7:30 AM STRETCH & RESTORE	8:00 AM MAT PILATES	8:00 AM BALANCE BARRE	9:00 AM FLOW YOGA	9:00AM STRETCH & RESTORE	9:30 AM HYDRO-FIT
9:00 AM MAT PILATES	8:30 AM BOOT CAMP	8:30 AM POWER CIRCUIT	9:00 AM GUIDED HIKE	9:30 AM HYDRO-FIT	9:00AM TENNIS CLINIC	10:00 AM MINDFUL YOGA
9:30 AM HYDRO-FIT	9:00 AM HATHA YOGA	9:00 AM FLOW YOGA	9:00 AM TENNIS CLINIC		9:30 AM HYDRO-FIT	
5:00 PM MINDFUL YOGA	9:30 AM HYDRO-FIT	9:30 AM HYDRO-FIT	9:00 AM HATHA YOGA		10:00AM MAT PILATES	
	10:30 AM POWER WALK	5:00 PM MINDFUL YOGA	9:30AM HYDRO-FIT			
	4:00 PM MAT PILATES		10:30 AM POWER WALK			
	5:00 PM MINDFUL YOGA		4:00 PM FLOW YOGA			

FITNESS CLASSES

All classes are \$15 per person unless otherwise noted. Class schedule is subject to change. For more information on any fitness class, or to schedule private classes or training, please call the Recreation Department at 602-381-7684 or dial ext. 7684.

CLASS LOCATIONS

C = Concierge Desk in Lobby
F = Fitness Center
P = Catalina Pool
R = Recreation Department Studio
T = Tennis Courts

BALANCE BARRE ^R

Tone and sculpt with barre work, bands, balls, weights and medicine balls.

BOOT CAMP ^R

Interval training including lunges, pull-ups, push-ups, crunches, drills and sprints.

FLOW YOGA ^R

Move through high-intensity poses creating heat and elevating heart rate.

GUIDED HIKE ^C

Advanced hike to Piestewa Peak. 2-3 hours. \$85 per person. Reservations required. Dial 7684.

HATHA YOGA ^R

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

HYDRO-FIT ^P

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

MAT PILATES ^R

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

MINDFUL YOGA ^R

Mindful breath and movement allows your self connection to unfold.

POWER CIRCUIT ^F

Intense cardio conditioning and core strengthening with equipment finesse.

POWER WALK ^R

A guided brisk walk through the beautiful neighborhoods surrounding the resort. Meet in the Recreation Studio.

STRETCH & RESTORE ^R

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

TENNIS CLINIC* ^T

Improve basic tennis skills. \$50 per person with two or more participants. \$65 for solo participant. Rackets maybe checked out at the Recreation Studio before clinic begins.

ZUMBA ^R

This high-energy group fitness class uses dance and aerobic movements.



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602-955-6600
 arizonabiltmore.com