**JANUARY FITNESS CLASSES**

All fitness classes are $15 per person unless otherwise noted. Class schedule is subject to change.

For more information, fitness class descriptions, or to schedule private classes or personal training, call 602.381.7684 or dial Ext. 7684.

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<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>❍ Power Circuit</td>
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<td>❍ Mat Pilates</td>
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<td>❍ Tennis Clinic*</td>
<td>❍ Hatha Yoga</td>
<td>❍ Guided Hike</td>
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**GUIDED HIKE**
- Advanced hike to Piestewa Peak Summit.
- 2-3 hours. $85 per person. Meet at Concierge Desk in Lobby. Reservations required by dialing Ext. 7684.

**TENNIS CLINIC**
- $250 per person with two or more participants. $65 for solo participant.
- Rackets may be checked out at the Recreation Studio before clinic begins.

**PERSONAL TRAINING**
- One-on-one sessions for all levels.
- 30 minutes-$55 | 60 minutes-$85
- Multiple session pricing is available.

**PRIVATE FITNESS CLASSES**
- $350 per class for 1-5 guests.
- Advance reservations are required.

**TENNIS LESSONS**
- Our USPTA Pro offers 30, 60 and 90 minute private or semi-private lessons.

**CLASS LOCATIONS**
- C = Concierge Desk in Lobby
- F = Fitness Center
- P = Catalina Pool
- R = Recreation Studio
- T = Tennis Courts

**DIFFICULTY LEVEL**
- High
- Moderate
- Low
ADULT ACTIVITIES (ages 18+)

PADDLEBOARD YOGA
January 6, 13 & 20 | 11:30am | Catalina Pool
Enjoy this challenging and fun activity that combines yoga poses on a stand-up paddleboard. Reservations required by calling 602-381-7684.

TENNIS TIPS WITH THE PRO
January 9, 16, 23 & 30 | 5pm - 6pm | Tennis Courts
A fun and friendly session with our tennis pro. Complimentary for resort guests.

GUIDED MEDITATION
January 6, 13, 20 & 27 | 4:00pm - 4:30pm | Cottage Court
Connect your physical and spiritual self with nature during this complimentary guided meditation session.

VINO & CANVAS
January 11 | 6pm - 8pm | Mystery Room
$30 per person includes painting materials and two glasses of wine. Registration required by calling Ext. 7684. Space is limited. Ages 21+

NUMEROLOGY
January 12 & 26
12pm | Wright’s Private Dining Room
Discover your life path number based on your date of birth. Complimentary for resort guests. Registration required by calling Ext. 7684. Space is limited.

SINGING BOWL SOUND MEDITATION
January 27 | 9am - 10am | Astor Room
Ignite healing in mind, body and soul with sound and deep relaxation with this complimentary session. Advance registration required by calling Ext. 7684. Space is limited.

SALON HAPPY HOUR
January 3, 10, 17, 24 & 31 | 3pm - 6pm | The Salon at Spa Biltmore
Receive 30% off all a la carte salon services and enjoy complimentary champagne for guests ages 21+. Not valid with any other offers.

KID’S ACTIVITIES (ages 6-12)

PRINCESS BALLOON ART
January 5 | 12pm-1:30pm | Paradise Pool Lawn

POTATO SACK RACES
January 6 | 12pm | Paradise Pool Lawn

WATER BALLOON TOSS GAME
January 19 | 12pm | Paradise Pool Lawn

APPLE TOSSED GAME
January 19 | 12pm | Paradise Pool Lawn

SWIM WITH MERMAIDS
January 19 | 12pm | Paradise Pool Lawn

TIE DYE T-SHIRT MAKING
January 19 | 9am-12pm | Paradise Pool Lawn

SIMON SAYS
January 25 | 12pm | Paradise Pool Lawn

FOAM PARTY
January 26 | 12pm | Paradise Pool Lawn

MAKE YOUR OWN SLIME
January 27 | 12pm | Paradise Pool Lawn

TREASURE DIVE
January 4, 5, 11, 12, 13, 18, 20 & 27 | 2pm | Paradise Pool Lawn

HULA HOOP CONTEST
January 4 & 20 | 12pm | Paradise Pool Lawn

FACE PAINTING WITH CINDERELLA AND ELSA
January 12 | 10am-12pm | Paradise Pool Lawn

PARACHUTE ACTIVITY
January 6 | 12pm | Paradise Pool Lawn

SCAVENGER HUNT
January 12 | 12pm | Paradise Pool Lawn

APPLE TOSS GAME
January 18 | 12pm | Paradise Pool Lawn

SWIM WITH MERMAIDS
January 19 | 12pm | Paradise Pool Lawn

TIE DYE T-SHIRT MAKING
January 19 | 9am-12pm | Paradise Pool Lawn

PARACHUTE ACTIVITY
January 6 | 12pm | Paradise Pool Lawn

WRIGHT’S
Wrights will be closed January 4-12

NEW YEAR’S DAY RECOVERY BRUNCH
January 1 | 10am - 2pm
$49.95++ Adults includes one Bloody Mary or Mimosa $19.95++ Kids 5-12. Reservations required.

SUNDAY BRUNCH
Sunday | 10am - 2pm
$49.95++ Adults | $19.95++ Kids 5-12

CAYMUS/WAGNER WINE DINNER
January 3 | Reception: 6:30pm | Dinner: 7pm
Enjoy an epicurean adventure with a four-course dinner paired with celebrated wines and stories from the winemaker. $125++ per person. Reservations required.

MONTHLY WINE FEATURES
Enjoy Cakebread Sauvignon Blanc and Chardonnay all month long to support our Cakebread Wine Dinner in February.

FRANK & ALBERT’S
For more information or to make reservations, dial Ext. 2808.

HAPPY HOUR
Friday | 4pm - 6pm | Concierge Desk
$25 includes two cocktails and a 45-minute tour. Reservations required by dialing Ext. 7000.

FAMILY-FRIENDLY FUN

NATIVE AMERICAN DANCERS
January 12 | 4pm - 6:30pm | Square Peak Lawn
High-energy and colorful dancers share the stories and dances of our First Nation in this complimentary event for guests of all ages.

MAD SCIENCE DEMONSTRATION
January 26 | 2pm | Valley Room
Enjoy a unique and educational experience with one of our knowledgeable and enthusiastic mad scientists. Complimentary for resort guests.

PLAY
Enjoy games around the resort including Giant Jenga, Cornhole, Croquet, Lawn Chess and our 18-Hole Puttting Course. Stop by Recreation for complimentary games including playing cards, UNO, Monopoly, Jenga, Sorry, Operation and more. Dial Ext. 7684 for assistance.

SHUTTLE TO BILTMORE FASHION PARK
Monday - Saturday | 10am - 6pm
Sunday | 12pm - 5pm
Porte-cochere
Complimentary for resort guests. Leaves every hour on the hour. Dial Ext 5555 for assistance.

SIGNATURE EXPERIENCES

HISTORY TOUR
Tuesday, Thursday & Saturday | 10am | Concierge Desk
Complimentary for resort guests.

HAPPY HOUR HISTORY TOUR
Friday | 4pm - 6pm | Concierge Desk
$25 includes two cocktails and a 45-minute tour. Reservations required by dialing Ext. 7000.

HAPPY HOUR
Thursday | 4pm - 6pm
Enjoy a game of billiards along with beer, bites and cocktails starting at $4.

LIVE ENTERTAINMENT AT THE WRIGHT BAR
Fridays | 7pm - 10pm | Saturdays 8pm - 11pm

THE WRIGHT BAR
For more information or to make reservations, dial Ext. 7000.

THE WRIGHT'S
For more information or to make reservations, dial Ext. 2808.

WRIGHT’S BAR
For more information or to make reservations, dial Ext. 7000.

HAPPY HOUR
Daily | 2pm - 6pm

For more information or to make reservations, dial Ext. 2808.

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JANUARY EVENTS & ACTIVITIES

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**JANUARY 2019**

**RECREATION & FITNESS**

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Multiple session pricing is available.

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