

# JANUARY 2019

## RECREATION & FITNESS



**ARIZONA  
BILTMORE™**

A WALDORF ASTORIA® RESORT

## JANUARY EVENTS & ACTIVITIES

### FAMILY-FRIENDLY FUN

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#### NATIVE AMERICAN DANCERS

**January 12 | 6pm - 6:30pm | Squaw 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 Putting 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-cochère**

Complimentary for resort guests. Leaves every hour, on the hour. Dial Ext. 5515 for assistance.

### SIGNATURE EXPERIENCES

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#### HISTORY TOUR

**Tuesday, Thursday & Saturday | 10am**

**Concierge Desk | Complimentary for resort guests**

#### HAPPY HOUR HISTORY TOUR

**Friday | 6pm | Concierge Desk**

\$25 includes two cocktails and a 45-minute tour. Reservations required by dialing Ext. 7000.

## DINING

### WRIGHT'S

Wrights will be closed January 4-12

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

#### NEW YEAR'S DAY RECOVERY BRUNCH

**January 1 | 10am - 2pm**

\$49.95<sup>++</sup> Adults includes one Bloody Mary or Mimosa  
\$19.95<sup>++</sup> Kids 5-12. Reservations required.

#### SUNDAY BRUNCH

**Sunday | 10am - 2pm**

**\$49.95<sup>++</sup> Adults | \$19.95<sup>++</sup> 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<sup>++</sup> per person. Reservations required.

### THE WRIGHT BAR

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

#### LIVE ENTERTAINMENT AT THE WRIGHT BAR

**Fridays 7pm - 10pm | Saturdays 8pm - 11pm**

#### MONTHLY WINE FEATURES

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

### FRANK & ALBERT'S

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

#### HAPPY HOUR

**Daily | 2pm - 6pm**

Enjoy a game of billiards along with beer, bites and cocktails starting at \$4.

# JANUARY EVENTS & ACTIVITIES

## ADULT ACTIVITIES (ages 18+)

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### 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 8, 15, 22 & 29 | 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 - 2pm | 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 | Aztec Room

Ignite healing brain waves 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)

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### PRINCESS BALLOON ART

January 5 | 12pm-1:30pm

Paradise Pool Lawn

### POTATO SACK RACES

January 6 | 12pm

Paradise Pool Lawn

### WATER BALLOON TOSS

January 11 | 2pm

Paradise Pool Lawn

### SCAVENGER HUNT

January 13 | 12pm

Paradise Pool Lawn

### APPLE TOSS GAME

January 18 | 12pm

Paradise Pool Lawn

### SWIM WITH MERMAIDS

January 19 | 12pm

Paradise Pool

### TIE DYE T-SHIRT MAKING

January 19 | 2pm

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

### HULA HOOP CONTEST

January 4 & 20 | 12pm

Paradise Pool Lawn

### FACE PAINTING WITH CINDERELLA AND ELSA

January 12 | 12pm-1:30pm

Paradise Pool Lawn

### PARACHUTE ACTIVITY

January 6 | 12pm

January 25 | 2pm

Paradise Pool Lawn



# 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.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM				Power Circuit F			
7:30 AM		Power Circuit F Stretch & Restore R	Boot Camp R				
8:00 AM	Balance Barre R		Mat Pilates R	Balance Barre R	Mat Pilates R	Hatha Yoga R	
8:30 AM		Boot Camp R	Power Circuit F				Zumba R
9:00 AM	Mat Pilates R Guided Hike C	Hatha Yoga R	Flow Yoga R	Tennis Clinic* T Hatha Yoga R Guided Hike C	Flow Yoga R	Stretch & Restore R Tennis Clinic* T	
9:30 AM	Hydro-Fit P	Hydro-Fit P	Hydro-Fit P	Hydro-Fit P	Hydro-Fit P	Hydro-Fit P	Hydro-Fit P
10:00 AM						Mat Pilates R	Mindful Yoga R
10:30 AM		Power Walk R		Power Walk R			
4:00 PM		Mat Pilates R		Flow Yoga R			
5:00 PM	Mindful Yoga R	Mindful Yoga R	Mindful Yoga R				

## GUIDED HIKE C

Advanced hike to Piestewa Peak Summit. 2-3 hours. \$85 per person. Meet at Concierge in the Lobby. Reservations required by dialing Ext. 7684.

## TENNIS CLINIC T

\$50 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 F

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

## PRIVATE FITNESS CLASSES F

\$100 per class for 1-5 guests. Advance reservations are required.

## TENNIS LESSONS T

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