

FEBRUARY 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 Priestewa 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

FEBRUARY 2019 RECREATION & FITNESS



A WALDORF ASTORIA RESORT

f /ArizonaBiltmoreAWaldorfAstoriaResort t /ArizonaBiltmore

FEBRUARY EVENTS & ACTIVITIES

ADULT ACTIVITIES (ages 18+)

PADDLEBOARD YOGA

February 8, 10, 17, 22 | 11:30am | Catalina Pool

Reservations required by calling 602-381-7684.

TENNIS TIPS WITH THE PRO

February 5, 12, 19 & 26 | 5pm - 6pm | Tennis Courts

Complimentary for resort guests.

GUIDED MEDITATION

February 10, 17 & 24

4:00pm - 4:30pm | Cottage Court

Complimentary for resort guests.

VINO & CANVAS

February 15 | 6pm - 8pm | Mystery Room

\$30 per person includes painting materials and two glasses of wine. Advanced registration required by calling Ext. 7684. Space is limited. Ages 21+

NUMEROLOGY

February 9 | 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

February 10 | 9am - 10am | Valley Room

February 24 | 9am - 10am | Mystery Room

Complimentary for resort guests. Advance registration required by calling Ext. 7684. Space is limited.



KID'S ACTIVITIES (ages 6-12)

Activities are located at the Paradise Pool Lawn unless otherwise noted.

TREASURE DIVE

February 1, 3, 10, 15, 17, 23 & 24 | 2pm

February 9 | 3pm

Located at the Paradise Pool

HULA HOOP CONTEST

February 1 | 12pm

YO YO ENTERTAINER

February 2 | 12pm-1:30pm

PARACHUTE ACTIVITY

February 2 & 22 | 2pm

February 3 | 12pm

APPLE TOSS GAME

February 3 | 12pm

SCAVENGER HUNT

February 8 | 12pm

February 16 | 2pm

SIMON SAYS

February 8 | 2pm

VALENTINE'S DAY COOKIE DECORATING

February 9 | 2pm



FACE PAINTING WITH CINDERELLA AND ELSA

February 9 | 12pm-1:30pm

VALENTINE'S DAY CARD MAKING

February 10 | 12pm

WATER BALLOON TOSS

February 15 | 2pm

CARICATURE ARTIST

February 16 | 12pm-1:30pm

CORN HOLE TOURNAMENT

February 17 | 12pm

POTATO SACK RACES

February 22 | 12pm

BALLOON ART WITH PRINCESSES

February 23 | 12pm-1:30pm

CREATE YOUR OWN ARTS & CRAFTS

February 24 | 12pm



FEBRUARY EVENTS & ACTIVITIES

FAMILY-FRIENDLY FUN

PLAY

Enjoy games around the resort including Cornhole, Croquet, Lawn Chess and our 18-Hole Putting Course. Stop by Recreation for complimentary games including playing cards, board games and more. Dial Ext. 7684 for assistance.

SHUTTLE TO BILTMORE FASHION PARK

Monday - Saturday | 10am - 6pm | Porte-cochère

Sunday | 12pm - 5pm | Porte-cochère

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

CREATE THE PERFECT PICNIC

Take your outdoor adventures up a notch and purchase a custom picnic basket in the Café and receive 10% off of your favorite snacks, drinks and sweets. Visit the Concierge for the perfect picnic location, hiking and adventure recommendations!



SIGNATURE EXPERIENCES

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.

RESORT DINING

WRIGHT'S

Closed February 22 - March 4

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

SUNDAY BRUNCH

Sundays | 10am - 2pm

\$49.95** Adults | \$19.95** Kids 5-12

CAKEBREAD WINE DINNER

February 7 | Reception: 6:30pm | Dinner: 7pm

Enjoy a four-course dinner paired with wines and stories from the winemaker. \$125**per person. Reservations required.

VALENTINE'S DAY DINNER

February 14 | 5pm - 10pm

Enjoy a four-course dinner including love notes. \$99** per person. Reservations required.

THE WRIGHT BAR

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

LIVE ENTERTAINMENT AT THE WRIGHT BAR

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

FRANK & ALBERT'S

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

HAPPY HOUR

Daily | 2pm - 6pm

Enjoy billiards along with beer, bites and cocktails from \$4.

VALENTINE'S DAY DINNER

February 14 | 5pm - 10pm

Enjoy a three-course Valentine's Day dinner. \$79** per person. Reservations required.

OHSO BEER DINNER

February 21 | Reception: 6:30pm | Dinner: 7pm

Enjoy an a three-course dinner paired with microbrews. \$45**per person. Reservations required.