

JUNE FITNESS CLASS SCHEDULE

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 Tennis Clinic T	Balance Barre R		
7:30 AM		Power Circuit F Stretch & Restore R	Boot Camp R			Aqua Boot Camp R	
8:00 AM	Balance Barre R		Mat Pilates R	Balance Barre R	Mat Pilates R	Hatha Yoga R Tennis Clinic T	
8:30 AM	Hydro-Fit P	Hydro-Fit P	Hydro-Fit P Power Circuit F	Hydro-Fit P	Hydro-Fit P	Hydro-Fit P	Hydro-Fit P Zumba R
9:00 AM	Mat Pilates R	Hatha Yoga R	Vinyasa Yoga R	Hatha Yoga R	Vinyasa Yoga R	Stretch & Restore R	
10:00 AM						Mat Pilates R	Mindful Yoga R
4:00 PM		Mat Pilates R		Hatha Yoga R			
5:00 PM	Mindful Yoga R	Mindful Yoga R	Mindful Yoga R				

CLASS LOCATIONS

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

INTENSITY LEVEL

High = High | Moderate = Moderate | Low = Low

AQUA BOOT CAMP R

A great cardio and strength workout challenge using the resistance of water.

BALANCE BARRE R

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

BOOT CAMP R

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

HATHA YOGA R

Body postures and breathing techniques for 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.

STRETCH & RESTORE R

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

VINYASA YOGA R

Move through yoga poses seamlessly using breath.

ZUMBA R

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

ADDITIONAL CLASSES

PADDLEBOARD YOGA R

June 7, 9, 14 & 16 | 11:30am
Yoga poses on a stand-up paddleboard in the pool. Meet in the Recreation Studio. Registration required by dialing Ext. 7684.

AQUA FLOW YOGA R

June 9 & 23 | 7:30am
Join us for a flow yoga session in the pool. Meet in the Recreation Studio. Registration required by calling Ext. 7684. Space is limited.

GLOW YOGA R

June 9 | 11:30am
Glow-in-the-dark yoga adds a new twist to finding balance. Glow supplies will be provided. Advance registration required by calling Ext. 7684. Meet in the Recreation Studio. Space is limited. Complimentary for resort guests.

TENNIS CLINIC T

June 6, 13, 20 & 27 | 7am
June 8, 15, 22 & 29 | 8am
\$50 per person with two or more guests.
\$65 for solo guest. Rackets may be checked out at the Recreation Studio before clinic begins. Reservations required by calling Ext. 7684

PERSONAL TRAINING F

One-on-one sessions for all levels.
30 minutes-\$55 | 60 minutes-\$85. Multiple session pricing is available. Reservations required by calling Ext. 7684

PRIVATE FITNESS CLASSES F

\$100 per class for 1-5 guests. Reservations are required by calling Ext. 7684

TENNIS LESSONS T

Our USPTA Pro offers 30, 60 and 90 minute private or semi-private lessons. Reservations required by calling Ext. 7684