### DECEMBER 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.

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>7:00 AM</td>
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<td></td>
<td>Power Circuit F</td>
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<td>7:30 AM</td>
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<td>Boot Camp R</td>
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<td>8:00 AM</td>
<td>Balance Barre R</td>
<td>Mat Pilates R</td>
<td>Balance Barre R</td>
<td>Mat Pilates R</td>
<td>Hatha Yoga R</td>
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<tr>
<td>8:30 AM</td>
<td>Power Circuit F</td>
<td>Power Circuit F</td>
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<tr>
<td>9:00 AM</td>
<td>Mat Pilates R</td>
<td>Hatha Yoga R</td>
<td>Vinyasa Yoga R</td>
<td>Hatha Yoga R</td>
<td>Stretch &amp; Restore R</td>
<td>Zumba R</td>
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<tr>
<td>9:30 AM</td>
<td>Hydro-Fit P</td>
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<td>10:00 AM</td>
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<td>Mat Pilates R</td>
<td>Mindful Yoga R</td>
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<td>10:30 AM</td>
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<td>Aqua Flow Yoga P</td>
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<td>3:00 PM</td>
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<td>Balance Barre R</td>
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<td>4:00 PM</td>
<td>Mat Pilates R</td>
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<td>Restorative Yoga R</td>
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<td>5:00 PM</td>
<td>Mindful Yoga R</td>
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### CLASS LOCATIONS

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

### ADDITIONAL CLASSES

- **PADDLEBOARD YOGA**
  - December 6, 13, 20 & 27 | 11:30am

- **YOGA HIIT**
  - December 12 & 26 | 7:00am
  - Yoga Hiit combines the benefits of yoga and high-intensity interval training. $15 per person. Registration required by calling Ext. 7684. Space is limited.

- **AQUA BOOT CAMP**
  - December 4, 11 & 18 | 10:30am
  - Meet in the Recreation Studio. Registration required by calling Ext. 7684. Space is limited.

- **TENNIS CLINIC**
  - Thursdays | 9am
  - $30 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.

- **POWER WALK**
  - December 9, 11, 23 & 26 | 8am
  - Take a guided powerwalk through the beautiful Biltmore neighborhood surrounding the resort. Complimentary for resort guests.

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

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

### CLASS DESCRIPTIONS

- **AQUA BOOT CAMP**
  - A great cardio and strength workout challenge using the resistance of water.

- **AQUA FLOW YOGA**
  - Yoga flow session in the pool.

- **BALANCE BARRE**
  - Tone and sculpt with barre work, bands, balls, weights and medicine balls.

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

- **GUIDED HIKE**
  - Explore the Sonoran Desert with an experienced guide and learn about local plants, animals, geology and history. Hikes of all levels available. Hat, sunblock and hiking or closed-toed shoes recommended. $85 per person includes water and transportation. Ages 18+. Advanced registration required by dialing Ext. 7684.

- **HATHA YOGA**
  - Body postures and breathing techniques for a healthy body and peaceful mind.

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

- **MAT PILATES**
  - Increase flexibility and build core strength through Pilates on the mat.

- **MINDFUL YOGA**
  - Mindful breath and movement allows your self connection to unfold.

- **POWER CIRCUIT**
  - Intense cardio conditioning and core strengthening with equipment finesse.

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

- **VINYASA YOGA**
  - Move through yoga poses seamlessly using breath.

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