# JANUARY FITNESS CLASS SCHEDULE

All fitness classes are $15 per person unless otherwise noted. Must be ages 18+ to attend. Class schedule is subject to change. For more information or to schedule private classes or personal training, call 602.381.7684 or dial Ext. 7684.

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<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></td>
<td>Power Circuit</td>
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<tr>
<td>7:30 AM</td>
<td>Balance Barre</td>
<td>Mat Pilates R</td>
<td>Mat Pilates R</td>
<td>Power Circuit</td>
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<tr>
<td>8:00 AM</td>
<td>Balance Barre R</td>
<td>Mat Pilates R</td>
<td>Mat Pilates R</td>
<td>Hatha Yoga R</td>
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<tr>
<td>8:30 AM</td>
<td>Mat Pilates R</td>
<td>Mat Pilates R</td>
<td>Balance Barre R</td>
<td>Mat Pilates R</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>
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<tr>
<td>9:30 AM</td>
<td>Hydro-Fit P</td>
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<tr>
<td>10:00 AM</td>
<td>Aqua Flow Yoga P</td>
<td>Aqua Flow Yoga P</td>
<td>Mat Pilates R</td>
<td>Mindful Yoga R</td>
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<tr>
<td>10:30 AM</td>
<td>Aqua Flow Yoga P</td>
<td>Mat Pilates R</td>
<td>Hydro-Fit P</td>
<td>Hydro-Fit P</td>
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<tr>
<td>1:00 PM</td>
<td>Balance Barre R</td>
<td>Mat Pilates R</td>
<td>Hydro-Fit P</td>
<td>Hydro-Fit P</td>
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<tr>
<td>3:00 PM</td>
<td>Mat Pilates R</td>
<td>Restorative Yoga R</td>
<td>Mat Pilates R</td>
<td>Mindful Yoga R</td>
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<td>4:00 PM</td>
<td>Mindful Yoga R</td>
<td>Mindful Yoga R</td>
<td>Mindful 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

**INTENSITY LEVEL**
- **High**
- **Moderate**
- **Low**

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**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. 18+.

**GUIDED MEDITATION**
- Quiet the mind gentle guided meditation for anyone that wants to bring about a renewed sense of calm. Complimentary.

**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 using breath.

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**ADDITIONAL CLASSES**
- **PADDLEBOARD YOGA**
  - January 3, 17 & 24 | 11:30am

- **YOGA HIIT**
  - January 6 & 20 | 7:00am
  - January 8 & 22 | 10:30am
  - Yoga Hiit combines the benefits of yoga and high-intensity interval training. $15 per person. Registration required by calling Ext. 7684. Space is limited.

- **GUIDED MEDITATION**
  - Complimentary
  - Guided Meditation R

- **POWER WALK**
  - January 6, 11, 13, 20 & 27 | 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.

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2400 E. Missouri Ave. Phoenix, AZ 85016 | 602.955.6600 | arizonabiltmore.com