### FEBRUARY 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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<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>Mat Pilates R</td>
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<td>9:00 AM</td>
<td>Mat Pilates R</td>
<td>Hatha Yoga 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

- **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.

- **GUIDED MEDITATION**
  - Quiet the mind gently 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**
  - A 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 MEDITATION**
  - Mindful breath and movement allows your self connection to unfold.

- **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.

### ADDITIONAL CLASSES

- **PADDLEBOARD YOGA**
  - February 7, 9, 14, 16, 21 & 23 & 28 | 11:30am

- **YOGA HIIT**
  - February 3, 5, 17 & 19 | 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**
  - February 5, 12, 19 & 26 | 10:30am
  - Meet in the Recreation Studio. Registration required by calling Ext. 7684. Space is limited.

- **TENNIS CLINIC**
  - Every Thursday | 9am
  - $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.

- **POWER WALK**
  - Every Thursday | 7:00am
  - 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 - $35 | 60 minutes - $65. 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.

### INTENSITY LEVEL

- **High**
- **Moderate**
- **Low**

### ADDITIONAL CLASSES

- **Guided Meditation**
  - Complimentary guided meditation for anyone that wants to bring about a renewed sense of calm. Complimentary.

- **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.

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

- **Guided Yacht**
  - A guided power walk through the beautiful Biltmore neighborhood surrounding the resort. Complimentary for resort guests.

- **Guided Paddleboard**
  - A deep-water class in the pool delivers a total body workout.

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

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

- **Guided Power Circuit**
  - Intense cardio conditioning and core strengthening with equipment finesse.

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

- **Guided Vinyasa**
  - Move through yoga poses using breath.

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

- **Guided Hatha Yoga**
  - Body postures and breathing techniques for a healthy body and peaceful mind.

- **Guided Hydro-Fit**
  - A deep-water class in the pool delivers a total body workout.

- **Guided Mat Pilates**
  - Increase flexibility and build core strength through Pilates on the mat.

- **Guided Mindful Yoga**
  - Mindful breath and movement allows your self connection to unfold.

- **Guided Power Circuit**
  - Intense cardio conditioning and core strengthening with equipment finesse.

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

- **Guided Vinyasa Yoga**
  - Move through yoga poses using breath.

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

ARIZONA BILTMORE
A WALDORF ASTORIA RESORT