



ZEN WELLNESS CLASSES — APRIL 2024

Classes are limited, available to resort guests and spa members only, and are subject to cancellation/change due to instructor availability. We recommend signing up early to ensure a spot. Classes are \$25 per guest, and complimentary for spa members. To register for classes, visit the spa front desk or call 480-596-7040.

Classes noted with (C) are complimentary to guests and members. Class registration does not include spa amenity access.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 am - Power Walk (C) 10:30 am - Restorative Yoga with Guitar 11:30 am - Foam Rolling & Stretch	10:30 am - Yoga 11:30 am - STC (C)	9:30 am - Restorative Yoga with Guitar 10:30 am - Foam Rolling & Stretch 4:30 pm - Meditation with Crystal Bowls (C)	9:30 am** - Circuit Training 101 10:30 am - STC (C) 11:30 am - Yoga	9:00 am - Meditation with Crystal Bowls (C) 9:30 am** - Strength & Cardio 10:30 am - Restorative Yoga with Guitar 11:30 am - Power Walk (C)	9:30 am** - Circuit Training 101 10:30 am - Yoga 11:30 am - STC (C)	10:30 am - STC 11:30 am - Yoga

CIRCUIT TRAINING 101 — ***Located in the fitness center*

Work at your own pace as you rotate through interval-timed strength and cardio stations in this total body conditioning class.

FOAM ROLLING & STRETCH

Utilize your own body weight along with a foam roller and other equipment to achieve benefits including myofascial release, increased blood flow and circulation to soft tissues, and self-massage.

MEDITATION WITH CRYSTAL BOWLS

Experience guided meditation with the soothing sounds of singing crystal bowls, using breathwork, self-inquiry, or a beautiful mantra. As the frequencies absorb into the mind and body they work to correct areas of low vibration back to their natural states of resonance.

RESTORATIVE YOGA WITH GUITAR

Relax with guided yoga postures and meditative stretching to live music.

STC: STRETCH, TONE & CONDITION

Gentle exercises at the barre and on the floor improve posture, strength, core, flexibility, hand-eye coordination, breathing, balance and wellbeing.

STRENGTH & CARDIO — ***Located in the fitness center*

This class will be divided into two sections: cardio and weight training. Participants will be guided through the use of cardio machines followed by working through a series exercises utilizing the weight machines and finished with free weights or band work for muscle training.

YOGA

This all-levels class combines yoga postures, breathing and meditation, for improved strength, flexibility and stamina, leaving you relaxed and in balance.

POWER WALK

Wake up with the desert and enjoy stunning views of the Valley while challenging your fitness. Expect beautiful scenery and multiple hills, that will both take your breath away.