



AUGUST RESORT FITNESS ACTIVITY SCHEDULE

MONDAY

7:30am - Morning Mountain Flow
8:45am - 20/20/20 Workout
11:15am - *Pilates Reformer (Beg/Int)

TUESDAY

7:00am - *Pilates Reformer (All Levels)
8:30am - Meditative Stretch
5:30pm - Sound Meditation

WEDNESDAY

7:00am - Guided Bike Ride
8:00am - Foam Rolling
8:45am - Cycle Sculpt
11:15am - *Pilates Reformer (Beg/Int)

THURSDAY

7:00am - Ground, Release, Restore
7:00am - *Pilates Reformer (Int/Adv)
8:00am - Nervous System Reset
8:00am - *Tennis Clinic
8:30am - Meditative Stretch
9:00am - *Pickleball Fundamentals
11:15am - *Pilates Reformer (All Levels)
5:30pm - Sound Meditation

FRIDAY

6:00am - *Bike & Hike
8:00am - *Tennis Clinic
8:30am - Aqua Strength MetCon
9:00am - *Pickleball Skills and Drills
11:15am - *Pilates Reformer (Beg/Int)
1:45pm - Restorative Yoga

SATURDAY

6:00am - *Bike & Hike
7:00am - Pickleball Open Play
7:15am - Morning Mountain Flow
8:00am - *Tennis Clinic
8:30am - *Aerial Yoga
9:00am - *Pickleball Clinic
9:30am - Aqua Energize
9:45am - *Pilates Reformer (Adv)
11:00am - *Pilates Reformer (Beg/Int)
12:30pm - Restorative Yoga

SUNDAY

7:00am - Pickleball Open Play
10:00am - Flow Yoga
11:15am - Restorative Yoga
1:15pm - Sound Meditation
2:30pm - Guided Visualization

ACTIVITY DESCRIPTIONS

RESTORATIVE YOGA Restore your body by focusing on deep stretching of the connective tissue in the hips, pelvis and lower spine. Poses are held for 2-3 minutes. Yin Poses held for a longer period of time. (all levels)

PILATES REFORMER Using the core for stability, exercises are performed either sitting or lying down on a universal gym type apparatus that uses springs for resistance. Experience a total-body workout that will leave you feeling stronger, more flexible and standing with improved body alignment. NOTE: Socks must be worn.

BIKE & HIKE Bike to Camelback Mountain and climb/hike. Hike: Advanced groups will hike scenic 'Echo Canyon' trail. This trail is an intense and advanced anaerobic hike - 1.23 miles to the summit (2,704 feet elevation). This experience begins with a short bike ride to the trail head, followed by a guided hike. NOTE: Please wear proper foot and outdoor attire and meet at the Spa Courtyard.

GUIDED BIKE RIDE Experience the beauty of Paradise Valley with a scenic bike ride through the cactus-studded trails with mountain views. Pacing accessible for all levels.

FLOW YOGA/MORNING MOUNTAIN FLOW Feel Energized through a series of standing and balancing postures linking breath and movement. All levels.

AQUA STRENGTH METCON This water-based workout is focused on metabolic conditioning, using resistance equipment to build muscular strength, power and stamina while maximizing calorie burn.

CYCLE SCULPT A dynamic fusion class that pairs energizing cardio on the Keiser bikes combined with strength training to tone muscles and boost endurance.

SOUND MEDITATION Sound meditation is the use of sound as a tool to cultivate and support deep relaxation. Ultimately, the purpose is to create a gentle, yet powerful, experience that heals the body, clears the mind and helps rein your attention to the present. Switch off your mind and tune into yourself.

SUNRISE STRETCH Lunge, squat, lift, perform plyometric and other various fitness moves to strengthen your entire body. This class will use a variety of modalities to achieve a strong, healthy physique. All levels.

20/20/20 WORKOUT This class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength, and 20 minutes of core work.

CORE MOBILITY A mat-based Pilates class designed to build deep core strength while improving flexibility, balance, and range of motion through intentional, mindful movement. All levels.

MEDITATIVE STRETCH Enjoy a full body, restorative stretch along with the quiet Zen atmosphere of peaceful music playing in the background. You will experience various props to help facilitate a safe and effective stretch. Leave this class feeling refreshed and renewed.

REFRESH, RENEW, RECOVER Foam rolling, stretching, and other movements and modalities to ease aches and pains, recover quicker, reduce injuries and improve performance.

GROUND, RELEASE, RESTORE An outdoor slow, intentional flow designed to help let go of accumulated stress and reconnect to their foundation and ground into nature. This class combines grounding lower-body strength, breath-led movement, gentle mobility, and extended restoration to create physical stability, emotional release, and mental clarity.

TAI CHI A gentle, flowing movement practice that builds balance, mobility, and calm through slow, mindful sequences coordinated with breath.

AERIAL YOGA A combination of traditional yoga poses done on the floor and postures practiced using a soft fabric trapeze (Hammock/Sling) suspended at hip height. Aerial yoga helps you to move freely with less effort by counteracting gravity. Suspension releases tension in the bones and muscles, strengthens while increasing spinal and shoulder flexibility.

SOMATIC SLOW FLOW A mindful, body-first practice that emphasizes internal awareness over choreography. Using subtle, intentional transitions and floor-based mobility, students release tension patterns, improve movement quality, and build strength through nervous-system-informed pacing.

AERIAL RESTORE & SOUND A gentle and grounding experience that blends slow, mindful movement using the aerial silks with breath-based meditation and healing sound. This 60-minute offering invites guests to reconnect with their bodies, calm the nervous system, and restore inner balance.

BARRE SCULPT This class combines strength-focused movement with ballet-inspired exercises to build muscle and enhance stability. It will improve balance, posture, and full-body strength through precise, low-impact training.

LOW-IMPACT BODY CONDITIONING Build functional strength and core stability through intentional interval training mindful of joints. Designed to challenge the whole body with muscle endurance, balance and coordination. Perfect for all levels.

CYCLE & SCULPT/TRX Power through an energizing blend of indoor cycling and TRX suspension training, alternating between heart-pumping ride intervals and full-body strength work. This efficient, dynamic combo class builds endurance, core stability in a total-body challenge.

MAT AND REFORMER PILATES COMBO A full-body Pilates class combining reformer precision with mat-based essentials to build core stability, mobility, and balanced strength.

MINDFUL AWAKENING A gentle, soul-nourishing experience that blends clearing somatic movement with mindful breath to soften tension and open the body. The steady, grounding rhythm of the Shamanic drum helps you realign with your inner wisdom. Positive affirmations are woven throughout uplifting the mind and spirit.

CANDLELIGHT YOGA This class is a gentle, slow-flow class designed to release tension and restore balance. Guided by breath and soft movement, this calming practice invites you to unwind in a candlelit atmosphere.

NERVOUS SYSTEM RESET Designed for the overwhelmed and overstimulated, this movement-based class focuses on regulating the nervous system and reducing cortisol levels. Through breath pacing, longer holds, and supported postures, participants shift from flight-or-fight into a calmer, more balanced state while still experiencing intentional, strength-building movement.

AQUATIC ENERGIZE A full-body workout that blends aqua aerobics with energizing cardio and low-impact strength training. Elevate your heart rate while being gentle on the joints using natural water resistance.

*RESORT GUEST CLASS FEES:

Pilates Reformer: \$35	Aerial Restore & Sound: \$35
Aerial Yoga: \$35	Tennis/Pickleball Clinic: \$65
Bike & Hike: \$45	

Advanced booking required for all classes. Classes are subject to change. See Front desk for questions on class locations. Socks are required for all Pilates Reformer classes. 24-hour cancellation required for Aerial Yoga.