



**ARIZONA
BILTMORE**

THE WALDORF ASTORIA COLLECTION™

Monday

- 7:00 am Mountain Hike*
- 7:00 am Traditional T'ai Chi
- 8:00 am Yoga
- 8:00 am Hydro Fit
- 9:00 am Pilates
- 10:00 am Yoga - All Levels

Tuesday

- 7:00 am Mountain Bike Tour**
- 8:00 am Kick, Punch & Crunch
- 8:00 am Hydro Fit
- 9:00 am Balls, Bars and Bands
- 10:00 am Yoga - All Levels (75 min.)
- 5:00 pm Yoga - All Levels

Wednesday

- 7:00 am Mountain Hike*
- 8:00 am Hydro Fit
- 9:00 am PowerBall
- 10:00 am Yoga Booty Ballet
- 5:00 pm Yoga - All Levels

Thursday

- 7:00 am Mountain Bike Tour**
- 8:00 am Cardio Kickboxing
- 8:00 am Hydro Fit
- 9:00 am Gimme Strength
- 10:00 am Yoga - All Levels

Friday

- 7:00 am Mountain Hike*
- 8:00 am Yoga
- 8:00 am Hydro Fit
- 9:00 am Pilates
- 10:00 am Yoga - All Levels
- 5:00 pm Family Desert Walk & Meditation

Saturday

- 7:00 am Mountain Bike Tour**
- 8:00 am Yoga
- 8:00 am Tennis Clinic***
- 9:00 am Zumba
- 10:00 am Pilates

Sunday

- 7:00 am Mountain Hike*
- 8:00 am Tennis Clinic***
- 8:00 am BollyRobics
- 9:00 am Chisel

Classes are \$15 each and do not require reservations unless marked otherwise. Class schedule subject to change.

* \$35 fee and reservations required.

** \$45 fee and reservations required.

*** \$50 fee and reservations required.

Please call Recreation at ext. 7684 for more information.

Effective April 26, 2010

Fitness Class Descriptions

- **Balls, Bars and Bands:** Sculpt and strengthen your muscles from head to toe using multiple forms of fitness equipment (body bars, balls, bands, etc.). Finishing off with stretching the entire body.
- **BollyRobics:** A rhythmic, dynamic, Bhangra dance workout.
- **Cardio Kickboxing:** Action-packed class that focuses on basic kickbox moves such as jabs, punches and kicks, combined with high and low impact aerobic moves.
- **Chisel:** The ultimate conditioning workout using hand weights and bars including an abdominal-blaster session.
- **Family Desert Walk & Meditation:** Enjoy Arizona nature with a walk through the desert to discover hidden animals and plants. Finish with a peaceful meditation.
- **Gimme Strength:** Lots of resistance training with weights plus cardio intervals.
- **Hydro Fit:** Cutting edge water fitness class done in the deep water will deliver an incredible total body workout. Meet at the Catalina Pool.
- **Kick, Punch & Crunch:** Kick up your routine! A cardiovascular workout using kickboxing techniques and choreography mixed with sports drills. Builds muscles in the legs, arms and abs.
- **Mountain Bike Tour:** Join your guide mountain biking through the Phoenix Mountain Preserve. This tour lasts 2 to 3 hours and includes water.
- **Mountain Hike Tour:** This guided hike is open to all levels of fitness. This tour lasts 2 to 3 hours and includes water and transportation to the base of the mountain.
- **Pilates:** Pilates mat class consists of movements that increase flexibility and build core strength. Body weight is used for resistance in various positions.
- **PowerBall:** A concentrated core-strengthener using 3lb. mini-balls. A great conditioning workout, not only for the abs and back but for the shoulders and arms.
- **T'ai Chi and Meditation:** A combination of restoring the balance between body and mind. This class will teach you relaxing skills that can be used to turn off the stresses of everyday life.
- **Tennis Clinic:** Work on strokes and strategies at this one-hour, fun session with our USPTA certified pro. Need 2 tennis players for a clinic.
- **Traditional T'ai Chi:** Involves slow, graceful movements which promotes inner relaxation and harmony. Class is taught outdoors by a T'ai Chi Master.
- **Yoga:** Learn how to combine posture, breathing and meditation to improve strength, flexibility and stamina. This class is for all levels and can be modified accordingly.
- **Yoga Booty Ballet:** A beginner-friendly class fusing yoga, cardio dance and ballet.
- **Zumba:** A fun cardio workout, dancing, stretching, just moving the body using the beat of latin music.

Classes are \$15 each and do not require reservations unless marked otherwise. Class schedule subject to change.

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Personal training available. Please call ext. 2986 for more information.

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