

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Build Your Body \$ 6:00am (1 hr)		Build Your Body \$ 6:00am (1 hr)		Build Your Body \$ 6:00am (1 hr)		
		Yoga* 8:30am (1 hr)		Yoga Level 1* 8:30am (1 hr)	Family Hike* 7am (1 hr)	
Pilates* 9am (1 hr)					Zumba* 9am (1 hr)	Spin* 9am (1 hr)
Spin* 10am (1 hr)	Tai Chi* 9:30am (1 hr)			Tai Chi* 10am (1 hr)	Spin* 10am (1 hr)	Yoga* 10am (1 hr)
H2O Sculpt & Tone* 10:30am (1 hr)	Yoga* 10:30am (1 hr)	H2O Sculpt & Tone* 10:30am (1 hr)	Yoga* 10:30am (1 hr)	H2O Sculpt & Tone* 10:30am (1 hr)	H2O Aerobics* 10:30am (1 hr)	
			Pilates* 4pm (1 hr)			
Cardio & Core 5:30pm (1 hr)	Swim Class \$ TE ++ 5:30pm (1.5 hr)	Cardio & Core 5:30pm (1 hr)	Swim Class \$ TE ++ 5:30pm (1.5 hr)			
Yoga 7pm (1 hr)	Pilates* 6:30pm (1 hr)	Yoga* 6:30pm (1 hr)		Yoga* 6:30pm (1 hr)		

HOURS OF OPERATION

MONDAY - FRIDAY
5am - 9pm

SATURDAY - SUNDAY
6am - 8pm

“Top 10 Fitness Facilities in Arizona”

Arizona Grand Athletic Club Offers
30 Energizing Classes Weekly

Please Call The Fitness Center to
Confirm Times at (602) 431-6484

ACTIVLAB Classes

\$20 Per Session

CLASS KEY

- +** Moderate Level of Intensity/
Senior Friendly
- ++** Medium Level of Intensity
- +++** High Level of Intensity
- *** All Levels Accommodated
- \$** Fee Required
- TE** Team Extreme Class

FUN FAMILY GAMES AVAILABLE FOR RENT

\$20 PER HOUR: Ring Toss • Connect 4 • Checkers • Lawn Darts • Croquet

Tic Tac Toe • Corn Hole • Giant Jenga • Bananagram Scrabble • Go Gator Sprint Toss

CLASSES DEFINED

Actv8: Small group training sessions that provide intense yet effective techniques to aid in weight loss and improve strength, balance and flexibility.

Candlelight Yoga: Surrounded by soft candlelight, participants will balance the body, mind and emotions while releasing tension. An enjoyable class for all levels, producing good health and positive feelings.

Family Hike: Enjoy the beautiful Sonoran Desert with a 1 hour guided hike every Saturday through South Mountain Preserve. For all fitness levels, so bring the family. Meet at the fitness front desk (3rd level).

Gentle Yoga: Drawing on Restorative and Yin yoga styles for a deeply relaxing and renewing experience. Yoga props are used to aid in poses, and many positions are performed while lying down—making this class perfect for all fitness levels. It is especially restorative for travelers.

H2O Aerobics: Burns as many calories as indoor aerobics. Enjoy this outdoor water workout! Meet at fitness pool.

H2O Sculpt & Tone: Take your workout to the next level with this fun and creative class. Using the resistance of the water along with apparatus you will sculpt and tone your muscles while staying cool.

Pilates: A non-weight bearing system of physical conditioning that promotes muscle harmony by strengthening and lengthening movements. This workout will assist in flushing toxins from your body through breathing techniques.

Pilates Ball: This class uses mat Pilates skills and adapts them to the exercise ball.

Spin: Exciting and motivating workout on the spin bicycles.

Tai-Chi: This exercise will improve posture, balance, agility, coordination, and mental focus.

Cardio & Core: This class will test your cardio ability and core strength. Whether it's **Spin, Core, Yoga** or combination of each, you are sure to come out stronger.

Yoga Level 1: Focuses heavily on the principles of alignment while connecting the body, mind and heart. Combination flow/workshop style class with emphasis on alignment, breath, building balance and core strength while increasing flexibility and ease.

Yoga: Focuses on balancing the body, mind and emotions as well as relaxing tensions caused by over-stressed lifestyles. An enjoyable class for everyone, producing good health and positive feelings.

Zumba: Groove to Latin and International music while burning calories and toning up in this fun, effective, and easy-to-follow dance workout.

Build Your Body: Build Your Body Is designed to train your body in both an aerobic and anaerobic capacity. Full body movements (with or without weight) will be the center of the program, along with the integration of athletic principals and accessory movements, with the occasional fitness center game at the end to keep your training session interesting!

REV 4/6/18



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