



**REVIVE™**

**\*\*Classes are subject to change without notice\*\***

**ACTIVITIES AND FITNESS CLASS SCHEDULE**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
						7:00am Revive power walk Class is complimentary
	7:00 am Indoor Cycling	7:30am Yoga Restorative	7:00 am Indoor Cycling	7:30am Yoga Restorative	7:00 am Indoor Cycling	
8:00am Yoga Basics	8:15am Yoga Flow	8:45am Tai Chi/Qi Gung	8:15am Yoga Flow	08:45am Tai Chi/Qi Gung	8:15am Yoga Flow	8:15am Tai Chi/Qi Gung
9:30am Mat Pilates		9:00am Revive Aqua Fitness	9:00am Revive Aqua Fitness	9:00am Revive Aqua Fitness	9:00am Revive Aqua Fitness	
						11:30am Yoga
		5:30 pm Yoga		5:30 pm Mat Pilates		

**Effective July 1, 2010**

**\$20.00 Fee for use of the Fitness Center**

**\$15.00 Fee for group exercise classes, this fee does not include use of the Amenities**

**\$35.00 "Day Use" Fee for Spa Amenities plus classes and fitness center for registered Hotel and Canyon Villas guests.**

## **Fitness Class Descriptions**

**Classes are subject to change without notice**  
**We apologize for any inconvenience this may cause.**

**Revive Power Walk** - Join us every morning at 7:00am for a complimentary guided power walk. Our friendly fitness staff will guide you through this fast paced walk, followed by a gentle stretch. Allow 35 minutes.

**Indoor Cycling** – It's the ultimate “indoor” cycling experience! With in and out of the saddle cycling, this calorie-burning ride will challenge all levels of cyclists. All levels welcome. (60 min.)

**Yoga** - Through a series of yoga poses, learn to increase flexibility, enhance physical and mental focus, and aid in stress reduction. All levels welcome. (60 min.)

**Restorative yoga** – This class is a series of long held postures specifically focusing on the hips and low back, this class is excellent for injuries and joint pain. All levels welcome (60 min.)

**Yoga Flow** – Through a series of yoga poses, learn to increase flexibility through fluid meditative movement. This class will enhance physical and mental focus. All levels welcome (60 min.)

**Mat Pilates** - A mat class based on the principles and movements of Pilates. Designed to strengthen the core muscles (abs, back and glutes) which combined with postural awareness will create long muscles and increase strength. (60 min.)

**Revive Aqua Fitness** - In this class you will learn to use the water's resistance to improve cardiovascular fitness and muscle tone. No swimming ability is necessary. (60 min.)

**Tai Chi/Oi Gung** - Breathing and movement exercises will be taught and practiced during this class, as well as the instruction of the positive benefits they have on a person's health and well being. (60 min.)

### **APPOINTMENT BASED FITNESS TRAINING:**

**\*All Classes available in Private or Semi Private Sessions.**  
**\*Please call the Revive Spa for detailed descriptions and pricing.**  
**480 293-3700**

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