



## Agave Spa at The Westin Kierland

Reservations: 480-624-1202  
Spa Inquiries: 480-524-1500

### Fitness Class Schedule

	Sun.	Mon.	Tues	Wed.	Thurs	Fri.	Sat.
7:30 am						Desert Renewal Hike	Aqua Fit
8:00 am		Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	*Well Walk
9:00 am	Kid Fit!						
10:00 am	Yoga Flow						Yoga Flow
2:00 pm			Candlelight Deep Stretch		Gentle / Restorative		
3:00 pm	Meditation CalmQuest (2 hrs)			Guided Meditation			Meditation CalmQuest (2 hrs)
4:30 pm		Gentle / Restorative		Yoga Grooves		Vinyasa Yoga Flow	

Updated July 15, 2010. Classes with (\*) are complimentary for Resort guests.  
Other fees listed after Class Descriptions.

## Class Descriptions

**Candlelight Deep Stretch:** A relaxing yoga inspired class surrounded by candlelight. Class is designed to increase flexibility of the body and ease into the poses by holding them for 3-4 minutes.

Any level.

**Desert Renewal Hike:** An easy to moderate 3-mile guided hike at the base of the McDowell Mountains. Immerse your senses in the beauty and majesty of the McDowell Sonoran Preserve as you hike through Bell Canyon amongst giant Saguaros and unique desert wildlife. Length: 2 hours (approx.) including travel time. Cancellation policy: 4 hour notice required to avoid full charge.

**Gentle/Restorative:** A class for all levels which emphasizes relaxation, stretching and breathing techniques which will leave our guests feeling refreshed, relaxed and renewed.

**Guided Meditation:** Relax and renew with our 30-minute guided meditation which brings moment to moment awareness in every region of the body.

**Hatha Yoga:** A style of yoga that has been in place for centuries. This is a basic class focusing on form, alignment and breathing.

**Kid Fit:** Active class with movement. Focus is on cardio, stretching, breathing and learning a few fun facts about the body.

**Vinyasa Yoga:** A flowing yoga practice combining the flow of the breath with the movement of the body; building heat, flexibility and strength in the body. The class is the perfect choice for those seeking a moderately vigorous practice.

**Well Walk:** A refreshing three mile walk around our Kierland property. Designed for all fitness levels; a great way to start your day.

**Yoga Flow:** A physical yoga practice linking each pose to the next movement. As the poses are linked so is the breathing.

Level 1 class. Poses can be modified to accommodate all levels especially beginners.

**Yoga Grooves:** Fun dynamic class sequenced to upbeat music that will increase any type of athletic performance

## Class Fees

- Well Walk: Complimentary for Resort guests
- Yoga Classes: \$20 per class, complimentary with any 50-minute Spa treatment (same day only)
- Kid Fit: \$15 per class, includes a small fruit smoothie
- Desert Renewal Hike: \$79 per hike, includes transportation and signature Agave Spa water bottle. Reservations recommended.