

AGAVE SPA YOGA & FITNESS CALENDAR

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am						Well Walk	
8:00 am		Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga	Hatha Yoga Desert Renewal Hike*	Well Walk
10:00 am	Athletic Stretch & Core*						Yoga Flow
10:30 am					Agave Boot Camp*		
11:00 am	Yoga Flow						
11:30 am							Seasonal Eating*
1:00 pm							Barre, Core & More*
2:30 pm				Quiet Mind Meditation			Desert Renewal Hike*
4:00 pm		Intro to Yoga	Vinyasa Yoga	Yoga Flow	Restorative Yoga	Vinyasa Yoga	

Updated January 2012.

Fees and descriptions on following page. Class times and fees subject to change.

Private Yoga classes, Pilates classes and Desert Renewal Hikes are available upon request!
 For inquires, contact 480-624-1500 or SPA@kierlandresort.com.



CLASS DESCRIPTIONS

Aerobic Basics*: *Low impact aerobics with focus on core strength, stability and cardio fitness. Fun for all levels.*

Agave Boot Camp*: *50-minute class dedicated to total body conditioning is an upbeat high energy class targeting all areas of the body with traditional callisthenic and body weight exercises with interval and strength training.*

Athletic Stretch & Core*: *A series of core exercises designed to strengthen and tone followed by athletic stretches targeting tight hips, hamstrings and glutes to improve athletic performance and promote a sense of well-being.*

Barre, Core & More *: *Utilizing the ballet barre to firm, tone and increase flexibility then taken to the mat to strengthen your powerhouse – abdominal muscles, obliques and low back. Ends with a rejuvenating deep stretch.*

Cardio Rock*: *Energy-filled workout will tone and burn calories with challenging, upbeat cardio designed to be fun, exciting and effective. A great way to mix up your routine*

Desert Renewal Hike: *Easy to moderate 3-mile guided hike at the base of the McDowell Mountains. Immerse the senses in McDowell Sonoran Preserve beauty meandering through Bell Canyon amongst giant Saguaros and unique desert wildlife. Approx. 2 hours including travel; 4-hour cancellation policy to avoid full charge.*

Hatha Yoga: *Basic style of yoga that has been in place for centuries focuses on form, alignment and breathing.*

Intro to Yoga: *For beginners and those wanting to re-enter the practice of yoga. Class includes a short warm up and a synopsis of basic postures with proper alignment.*

Quiet Mind Meditation: *Empower and challenge yourself to create a place of ease and rest within your mind. This 50 minute guided session is held in the serene location of our Peacekeepers Garden.*

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

Seasonal Eating: *Live cooking demo teaches how to maximize health benefits of seasonal food by preparing meals packed with nutrients as well as flavor.*

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.*

Well Walk: *Refreshing 3-mile walk around Kierland property, designed for all fitness levels.*

Yoga Flow: *Physical yoga practice linking each pose and breathing to the next movement. Level 1 class. Poses can be modified to accommodate all levels especially beginners.*

CLASS FEES

- **Well Walk**: Complimentary for all Resort guests
- **Yoga & Meditation**: \$20 per class or complimentary with daily Resort Service Charge or purchase of any 50-minute Agave Spa treatment.
- **Classes marked with *** : \$20 per class or complimentary with purchase of any 50-minute Agave Spa treatment but not included in the Resort Service Charge. Without Spa treatment purchase, fee is \$20.
- **Desert Renewal Hike**: \$79 includes a guide, transportation, and Agave water bottle. Reservations required.
- **Seasonal Eating Class**: \$35 per class includes prepared meal, recipes and instruction