

# FITNESS CLASSES

## MONDAY

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7-8 AM Hatha Yoga **MB**  
7:30-8:30 AM TRX Fusion **AT**  
8:30-9:45 AM \*Aerial Hammock Yoga **AT**

9:45-10:45 AM Surfset Yoga Fit **FS**  
10-11 AM Wall Pulley Training **MB**  
11-12PM Bungee Bounce **AT**

## TUESDAY

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7-8 AM Treadmill / TRX **AT**  
8-9AM WellFIT (Circuit Training) **FS**  
8-9:15 AM Kundalini Yoga **MB**

9-10 AM Yoga with Weights **AT**  
10-11 AM \*Aerial Hammock Yoga **AT**  
5-6 PM Candlelight Restorative Yoga **MB**

## WEDNESDAY

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6:30-7:15 AM Tai Chi **MB**  
7:15-8:15 AM Deep Yoga Stretch/Meditation **MB**  
7:30-8:30 AM TRX Fusion **AT**  
8:30-9:30 AM Wall Yoga **MB**

8:30-9:20 AM Aqua Fitness (weather permitting)  
alt - Power Walk **SP**  
9:30-10:30 AM Spinyolates **FS**  
10:30-11:30 AM \*Aerial Hammock Yoga **AT**

## THURSDAY

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7-8 AM WellFIT (Circuit Training) **FS**  
8-9:10 AM Kundalini Yoga **MB**  
8:30-9:30 AM \*Bungee Bounce **AT**

9:30-10:30 AM Booty Barre Sculpt **FS**  
10:30-11:30 AM \*Aerial Hammock Yoga **AT**  
5:15-6:15 PM Tai Chi **MB**

## FRIDAY

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7-8 AM Yin Yoga **MB**  
7-8 AM Barefoot Fitness **FS**  
8-9 AM WellFIT (Circuit Training) **FS**

9:15-10:15 AM \*Aerial Hammock Yoga **AT**  
10:15-11:15 AM Pilates Mat **AT**  
10:30-11:30 AM Wall Pulley Training **MB**

## SATURDAY

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7-8 AM Wall Yoga **MB**  
7-8 AM Spin **FS**  
8-9 AM Bungee Bounce **AT**  
8-9 AM Hatha Yoga **MB**

9-10 AM \*Aerial Hammock Yoga **AT**  
9-10 AM WellFIT (Circuit Training) **FS**  
11-12 PM \*Aerial Hammock Yoga **AT**

## SUNDAY

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8:30-9:30 AM Hatha Yoga **MB**  
9-10 AM Surfset Circuit **FS**  
10-11 AM Wall Pulley Training **MB**

10-11 AM \*Aerial Hammock Yoga **AT**  
11:30-12:30 PM Pilates Mat **FS**

**LOCATION KEY:** FS Fitness Studio • MB Mind/Body Studio • AT Atrium  
SP Spa Pool • SB Sunset Beach

\*AERIAL HAMMOCK YOGA INCUR A \$12 FEE.  
\$55 Daily Access Fee/Fitness Center. Sign-up in person or via phone x2732  
Full fitness class descriptions available at [scottsdaleprincess.com](http://scottsdaleprincess.com)