

PERSONAL FITNESS TRAINING & ASSESSMENTS

Whether you are a beginner, just starting out on a new fitness regimen or a seasoned pro, Well & Being's robust class offerings and personal training are sure to address your every fitness need. From FloatFit to Aerial Yoga and TRX classes to Meditation and Boot Camp, we offer something for everyone. **Leave feeling enlightened and empowered.**

● THE FITNESS PRESCRIPTION: INDIVIDUALIZED FITNESS SOLUTIONS – 90 | 120 MIN

Whether you want to take your athletic performance to the next level, build lean muscle, reduce body fat, improve your energy or optimize your health, the Fitness Prescription provides you with a personalized roadmap for achieving your goals. Let our skilled fitness team create a customized exercise program that will include a fitness assessment and risk analysis. Your personal fitness goals, exercise preferences and lifestyle all align to create a personalized fitness plan.

PERSONAL TRAINING PROGRAMS – 60 MIN

Develop a customized workout plan for your activity level and body type. Training may include some or all of the following: Reformer Pilates, Mat Pilates, TRX, power walking, strength training, gym equipment overview and assisted stretch.

ASSISTED STRETCH – 30 MIN

Our certified personal trainers will guide you through a series of stretches based on your flexibility. Each session helps increase flexibility, correct muscular imbalances, prevent injury and aid in workout recovery. *Wear loose-fitting, comfortable clothing.*

DIAGNOSTICS

These technologically accurate assessments provide reliable and user friendly insight into your overall physical health.

The Bod Pod is the world's most advanced body composition assessment. It measures the percentage of your total weight that is fat versus lean muscle tissue. Please wear tight-fitting exercise clothing or a swimsuit. Skin-tight clothing allows an accurate measurement of your body composition. Try to avoid food, drink or exercise for two hours prior to your appointment. Together, you and our fitness experts review the results of your Bod Pod and provide you with healthy recommendations in a confidential setting.

The Body Gem This Resting Metabolic Rate (RMR) test measures how many calories your body burns a day. Whether your goals are weight loss or increasing lean muscle mass, this simple assessment provides you with valuable information. No special attire required.

The Fit Mate Pro SubMaxV02 oxygen consumption assessment provides you with a personalized report detailing maximum oxygen uptake, anaerobic threshold predictions, individual training zones, cardiovascular stamina and strength. We recommend wearing fitness attire for this short duration cardiovascular workout.

The above treatments may be booked as 30-minute stand-alone services or add-on to a personal training session.

● WELLFIT DIAGNOSTICS*

Our Wellness coaches will use the information provided in our diagnostic testing to help streamline your approach to exercise as well as recommend complementary services to best support your plan. Whether you are looking to optimize your current plan or create a new program, our series of diagnostic tests will help you focus your efforts for maximum results. *Initial session 120-minutes, follow-up session 60-minutes.*

● GROUP EXERCISE CLASSES*

Well & Being provides an exceptional array of fitness classes available daily. View our current detailed schedule at www.scottsdaleprincess.com. Choices include a wide variety of classes for all fitness levels, body types, and abilities. Some of our most unique classes include Aerial Hammock Yoga, FloatFit, TRX, Krank Fusion and Surfset, along with Wall Yoga. *We also offer an array of more traditional movement and group exercise classes like yoga, meditation, Reformer and Mat Pilates and body sculpting.*

*Time and prices vary – please call the spa for details.