

## WELLNESS ACTIVITIES



### HYPER VOLT ASSISTED STRETCH

The Hypervolt Assisted Stretch is a manual stretch enhanced with a state-of-the-art vibrating massage device designed to increase flexibility, improve blood circulation, and reduce muscular soreness. The Hypervolt provides up to 3200 percussions per minute to leave your muscles feeling relaxed and recharged from head to toe!

60 MIN \$125

### YOUR 2019 FITNESS PRESCRIPTION...

*Get a Jump Start!*

An individualized fitness solution just for you. 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.

60 MIN \$129

LOOK AND FEEL GREAT WITH

## REVIV IV THERAPIES



With our hydrating IV therapies and wellness Booster Shots, we have your winter wellness needs covered. REVIV's IV infusion therapies are packed with vitamins and antioxidants helping to keep you well, fight against colds and flus and hangover relief. *We recommend:*

**ANTI-AGING: - VITAGLOW** - Restores Hydration, Prevents & Reverses Effects Of Free Radicals, Rejuvenates Your Skin, Hair & Nails, Detoxifies Vital Organs, Delivers A High Dose Of Glutathione & Vitamin C

**RECOVER:** Ultraviv Recovery- formulated to replenish hydration and help you recover from a variety of ailments such as a hangover common colds, flu-like symptoms, body aches, headaches or seasonal allergies.

**BOOST YOUR FITNESS: CoQ10+** Power Fitness Shot - Produces Energy for Cell Growth and Maintenance, Protects Your Body From Harmful Toxins, Boosts Your Immune System, Promotes Anti-Aging, Maintains Cardiovascular Health, Detoxifies Your Body

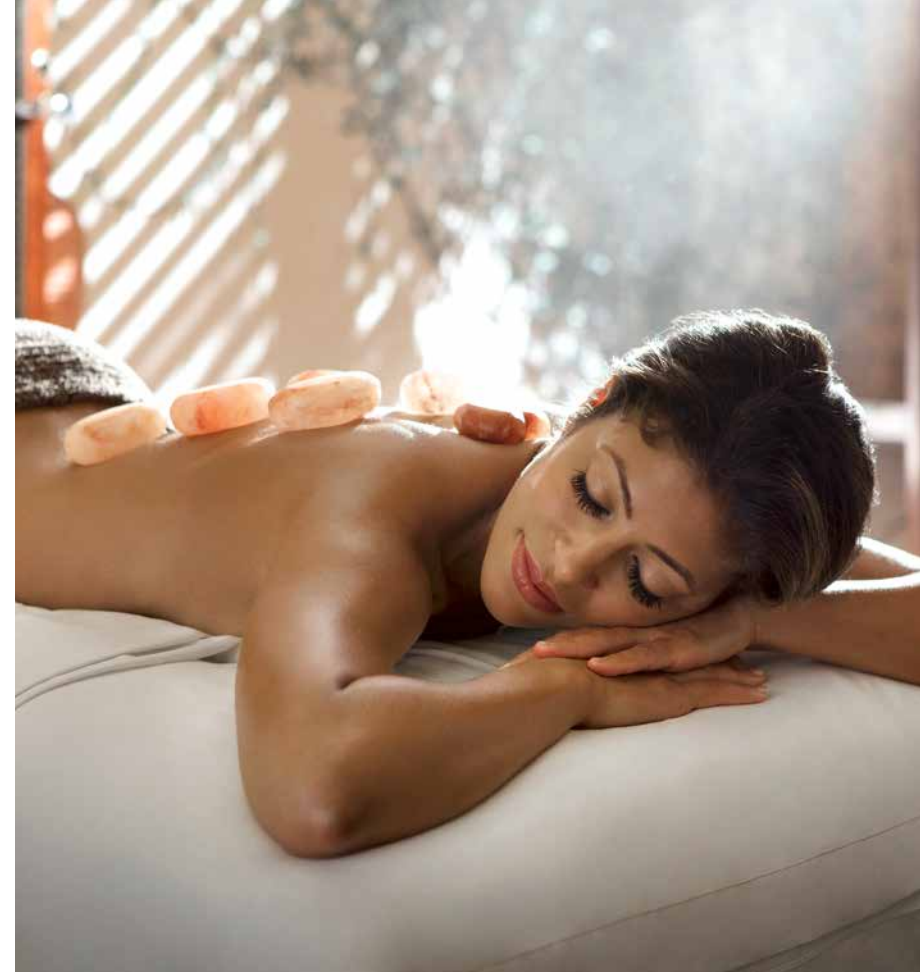
*Service is offered daily from 9:00am – 5:00pm by appointment.  
Call Ext. 7160 to schedule.*

FAIRMONT SCOTTSDALE PRINCESS

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scottsdaleprincess.com | wellandbeing.com

Well & Being<sup>®</sup>  
Spa & Wellness



January - February 2019

# ACTIVITIES GUIDE

Well & Being<sup>®</sup>  
Spa & Wellness

## SPA FEATURED SERVICES



### WINTER WARM-UP MASSAGE

Select your favorite winter scent sweet cinnamon to enhance your full body relaxation massage using light to medium pressure.

### DESERT OASIS DETOXIFYING WRAP

This rejuvenating and detoxifying wrap and massage brings the rhythm of the ocean to the desert! Using coastal herbs and clay, we carry away layers of stress and fatigue from head to toe. Deeply relaxing and detoxifying, this wrap also includes a magnesium infused mask to help reduce muscle fatigue and boost energy.

### HIMALAYAN SALT STONE MASSAGE

Known for its purity, versatility and mineral content, Himalayan Crystal Salt offers wellness for the body. This restorative massage uses warm stones to sooth sore muscles and naturally replenish the body with vital minerals, restoring balance and removing toxins. Book a 90-minute massage and receive a complimentary Salt Heart-Stone to take home.

### TUSCAN MANICURE AND PEDICURE PACKAGE

Can't make it to Italy this year? Bring a touch of Tuscany to your desert escape with this cooling, soothing and uplifting Manicure and Pedicure. Essences of olive oil help exfoliate, soothe, tone, and revitalize your hands and feet while a cooling and purifying mint mask helps to detoxify and tighten. Finish each service with a deeply relaxing hand and foot massage using ultra hydrating cucumber body cream.

*Not eligible for any further discounts.*

## FITNESS CLASSES

### MONDAY

7-8 AM Hatha Yoga MB  
7:30-8:30 AM TRX Fusion AT  
8:30-9:30 AM Wall Pulley Training MB  
9:30-10:15 AM \*\*Core Conditioning AT  
10:30-11:30 AM \*Bungee Bounce FS  
11:30-12:30 PM \*Aerial Hammock Yoga AT

### TUESDAY

7:30-8:30 AM Mobility& Flexibility AT  
8-9AM WellFIT (Circuit Training) FS  
8-9:15 AM Kundalini Yoga MB  
9:15-10:15 AM \*Wall Yoga MB  
10-10:45 AM \*\*Bosu/Kettlebell FS  
10:15-11:15 AM \*Aerial Hammock Yoga AT  
4-5 PM Candlelight Restorative Yoga MB

### WEDNESDAY

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  
8:30-9:30 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

7-8 AM WellFIT (Circuit Training) FS  
7:30-8:30 AM TRX HIIT AT  
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

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 Booty Barre/Pilates FS  
10:30-11:30 AM Wall Pulley Training MB

### SATURDAY

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  
10-11 AM \*Aerial Hammock Yoga AT

### SUNDAY

8:30-9:30 AM Hatha Yoga MB  
9-9:45 AM \*\*TRX Express AT  
9-10 AM Booty Barre Sculpt FS  
10-11 AM Surfset Circuit AT  
10-11 AM \*Aerial Hammock Yoga FS  
11:30-12:30 PM Pilates Mat MB

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

\*Aerial Yoga & Wall Yoga additional (additional \$12)  
\*\*Semi-Private Training (additional \$25, limit 4)  
\$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)

## FITNESS HIGHLIGHTS

### **NEW!** \*SEMI PRIVATE GROUP TRAINING

*Starting from only \$90*

#### CORE CONDITIONING - MONDAYS: 9:30AM

Walk taller, feel stronger! This class is designed to build Core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen, back muscles and increase flexibility.

#### BOSU / KETTLEBELL - TUESDAYS: 10AM

The Bosu balance trainer works on balance and flexibility, and Kettlebells are unmatched for building functional strength and power. With this cool combo you'll get a complete workout from head to toe.

#### TRX EXPRESS - SUNDAYS: 9AM

This class will push you to new levels of strength using the TRX Suspension Trainer and your own body weight. Be ready to "feel the burn" as you power through multiple sets of high tension loads in this time-based workout that features intermediate to advanced strength exercises. In this class, your cardio comes in the form of two unique blocks of strength exercises that deliver a high intensity workout sure to burn calories and leave you quivering during and long after your workout is complete.

*\*Sessions available for 2-4 participants.*

*Limit four per class, requires minimum of two. Reservation required. Visit in person or call x7160 up to 24 hours prior to scheduled class.*

### **NEW!** \*FITNESS ON DEMAND VIRTUAL WORKOUT CLASS

*Your Favorite Classes*

*Your Favorite Instructors*

*Your Schedule*

Well & Being welcomes Fitness On Demand™ a Virtual Workout Class that delivers high quality fitness programming with both certified and celebrity fitness instructors, creating the ideal virtual fitness experience for our Well & Being spa guests. Classes include Tone and Shred, Plyoga, Turbo Barre, Dance Fitness and Xtreme Burn HIT, Cycling and more!

*\*Based on availability. Visit in person or call X7160 for more details.*



Today, I will live it well