

# **DECEMBER FITNESS SCHEDULE**

Agave, The Arizona Spa | The Westin Kierland Resort & Spa | 6902 East Greenway Parkway | Scottsdale, AZ 85254 | 480.624.1525

	SUN	MON	TUES	WED	THURS	FRI	SAT
7:00 AM			RUN CONCIERGE		RUN CONCIERGE		
8:00 AM		HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA	HATHA YOGA	WELL WALK
10:30 AM							GUTS & GLUTES
11:00 AM	SLOW FLOW (VINYASA) YOGA	AGUA SOL*		AGUA SOL*		AGUA SOL*	
11:30 AM							ALL LEVELS FLOW (VINYASA) YOGA
4:00 PM					YOGA FOR THE SENSES	HAPPY HOUR YOGA*	

**Agua Sol\* (50 min)** – Dynamic exercises on a floating mat will challenge you in this unique aquatic experience. Wear a bathing suit or yoga clothes for maximum comfort and movement.

**All Levels Flow (Vinyasa) Yoga (50 min)** – Poses are built from a simple, strong foundation and modifications are introduced to help support the level of your practice. Breath and movement are linked to build a deeper awareness of the energetic body.

**Guts and Glutes (50 min)** – Strengthen and tone your core in this pilates inspired exercise class that is sure to give you ideas to continue when you get home.

**Happy Hour Yoga\* (50 min)** – A fun, energizing yoga practice to invigorate and release the week’s stress. This is an all level athletic practice so be ready to sweat. Class is capped off with an Adult Beverage! Hello Weekend!

**Hatha Yoga (50 min)** – Builds physical and mental strength by concentrating on the practice of postures and breath control with vinyasa techniques.

**Run Concierge (50 min)** – Allow our Run Concierge to motivate and support you on a jog or run (group size dependent) so you can indulge in the Sweet Shoppe with no guilt. Distance will vary by group size. Meet in Resort Lobby. See you there!

**Slow Flow (Vinyasa) Yoga (50 min)** – Principles of proper alignment, breathing and mindfulness within sun salutations and basic poses are taught in this slower paced flow class where breath is linked with movement.

**Well Walk (50 min)** – A refreshing three mile walk around our Kierland property. Designed for all fitness levels; a great way to start your day.

**Yoga for the Senses (50 min)** - Relax, renew and refresh in this gentle yoga class that utilizes various essential oils to deepen this calming, de-stressing practice.

*All Levels Flow Yoga, Guts & Glutes, Hatha, Run Concierge, Slow Flow, and Yoga for the Senses are complimentary with a Resort Service Charge or spa service, otherwise fitness experiences (\*) will be subject to a \$15 to \$30 charge.*

*Pickleball, Basketball, and Tennis are available for Resort and Villas guests for a fee of \$40 which includes equipment. The facilities and equipment are complimentary with the Resort Service Charge.*

**Court times are 1 hour and can be booked in the Spa.**