

# THE SCOTTSDALE PLAZA

RESORT & VILLAS

# Group Fitness Classes

## Monday

### **Cardio Moves 10AM**

A high energy, music based class. Boost your heart rate while getting your whole body moving. Each movement extends from the core helping you work your midsection.

### **Plaza Deskercise 11AM - 12PM**

Seated and standing exercises that tone muscles, improve cardiovascular fitness, and burn calories. We work on core conditioning and elongation techniques.

## Tuesday

## Wednesday

### **Yoga Mashup 10AM - 11:30AM**

Improve muscle tone, posture, coordination and relieve stress with conditioning exercises, utilizing yoga stretching and strengthening techniques... with a little cardio to boot

## Thursday

### **Cardio Moves 10AM**

A high energy, music based class. Boost your heart rate while getting your whole body moving. Each movement extends from the core helping you work your midsection.

### **Plaza Deskercise 11AM - 12PM**

Seated and standing exercises that tone muscles, improve cardiovascular fitness, and burn calories. We work on core conditioning and elongation techniques.

## Friday