

Summer 2019 Fitness Class Descriptions

CARDIO BARRE: Combining ballet based barre and center movements with Cardio based sequences, light weights and mat work to offer you a class that will have a direct effect on muscular endurance and strength. Improve your flexibility and balance with static and dynamic stretching, combined with cardio fitness to increase metabolism. Strengthen your core and lower body with plié squats, ballet jumps, and spins.

POWERWALK: Wake up with the desert! Enjoy stunning views of the Valley while challenging your physical fitness. This 3.5 mile loop includes multiple hills that help strengthen your legs and improve your stamina. Please dress according to seasonal weather. Water is supplied and a camera is recommended.

YOGA (ALL LEVELS): Learn how to combine posture, breathing and meditation in a total mind-body workout to reduce stress, improve strength, flexibility and stamina. Poses are held for an extended period of time, anywhere from 3 to 7 minutes each.

PILATES MAT: Challenge your muscles in a variety of ways using a series of exercises from the Pilates Method designed specifically for the mat.

MOVES LIKE JAGGER: Forget you are working out as you shake off worries and calories to a medley of Rock N Roll classics. No dance experience required!

BALLET BARRE: A full-body workout that will strengthen and lengthen your entire body. Utilizing the barre to isolate muscle groups, this challenging ballet-based class will increase your stamina and improve balance and posture.



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