



JW Marriott Desert Ridge
Revive Spa

2017 Fitness Schedule

INSTRUCTOR GUIDED CLASSES

** FITNESS-ON-DEMAND VIDEO CLASSES

MONDAY

6:15AM *Core, Strength and Flexibility*

7:00AM *Indoor Cycling*

8:15AM *Yoga Flow*

9:30AM *Aqua Fitness*

11:30AM *Blitz 1 ***

4:15PM *Transform 4 ***

5:30PM *Total Body Conditioning*

TUESDAY

6:30AM *Axis 6 ***

7:30AM *Yoga Restorative*

8:45AM *Tai Chi/Qi Gung*

9:30AM *Aqua Fitness*

11:30AM *Pedal Power ***

5:30PM *Yoga*

WEDNESDAY

7:00AM *Indoor Cycling*

8:15AM *Yoga Flow*

9:30AM *Aqua Fitness*

4:15PM *Blitz 1 ***

5:30PM *Axis 6 ***

THURSDAY

6:30AM *Axis 6 ***

7:30AM *Yoga Restorative*

8:45AM *Tai Chi/Qi Gung*

9:30AM *Aqua Fitness*

11:30AM *Pedal Power ***

FRIDAY

6:15AM *Core, Strength and Flexibility*

7:00AM *Indoor Cycling*

8:30AM *Yoga Flow*

9:30AM *Aqua Fitness*

4:15PM *Blitz 1 ***

5:30PM *Axis 6 ***

SATURDAY

7:00AM *Complimentary Power Walk*

7:00AM *Transform 4 ***

8:15AM *Tai Chi/Qi Gung*

10:00AM *Afterburn ***

11:30AM *Yoga*

SUNDAY

7:00AM *Complimentary Power Walk*

8:00AM *Yoga Basics*

9:00AM *Mat Pilates*

11:30AM *Blitz 1 ***

5:30PM *Transform 4 ***

Effective: 10/1/2017

\$15.00 Fee for group exercise classes, this fee does not include use of the Amenities

\$35.00 "Day Use" Fee for Spa Amenities plus classes and fitness center for registered Hotel and Canyon Villas guests.

Classes are subject to change without notice

We apologize for any inconvenience this may cause.

JW Marriott Desert Ridge Resort & Spa | 5350 E Marriott Drive | Phoenix, AZ 85054 | 480-293-5000



JW Marriott Desert Ridge
Revive Spa

Fitness Class Descriptions

Instructor Lead Classes

- **Revive Power Walk:** Our friendly fitness staff will guide you through this fast paced walk, followed by a gentle stretch. Allow 35 minutes.
- **Indoor Cycling:** It's the ultimate "indoor" cycling experience! With in and out of the saddle cycling, this calorie-burning ride will challenge all levels of cyclists. All levels welcome. (60 min.)
- **Yoga:** Through a series of yoga poses, learn to increase flexibility, enhance physical and mental focus, and aid in stress reduction. All levels welcome. (60 min.)
- **Restorative Yoga:** This class is a series of long help postures specifically focusing on the hops and low back, this class is excellent for injuries and joint pain. All levels welcome. (60 min.)
- **Yoga Flow:** Through a series of yoga poses, learn to increase flexibility through fluid meditative movement. This class will enhance physical and mental focus. All levels welcome.(60 min.)
- **Mat Pilates:** A mat class based on principles and movements of Pilates. Designed to strengthen the core muscles (abs, back and glutes) which combined with postural awareness will create long muscles and increase strength. (60 min.)
- **Revive Aqua Fitness:** In this class you will learn to use the water's resistance to improve cardiovascular fitness and muscle tone. No swimming ability is necessary. (60 min.)
- **Tai Chi/Qi Gung:** Breathing and movement exercises will be taught and practiced during this class, as well as the instruction of the positive benefits they have on a person's health and well being. (60 min.)
- **Total Body Conditioning:** A no-nonsense aero/tone workout that utilizes kettlebells, resistance tubing/dumb bells and Bosu's. This time efficient format is designed to burn fat as it reshapes your body. The compound movements will keep your heart rate up to optimize body sculpting results. (60 min.)
- **Core, Strength, and Flexibility:** This class will combine upper-body and core strengthening exercises with Yoga-based flexibility work. All levels welcome. (30 min.)

Fitness On Demand Classes

- **Pedal Power:** Put the pedal to the metal and cycle your heart out with this indoor cycle workout. Another hill pumping, heart thumping, speed jumping workout that leaves you soaked and spent as you blast away the calories without any impact to your knees and joints. (60 min.)
- **Transform 4:** Unites Yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional Yoga poses, such as warrior and sports influenced movements including plyometric and strength. (60 min.)
- **Axis 6:** Axis is a 30 minute focus on your foundation-the core. Create stability from the axis, the middle of your body, the basics of all movement, then layer on mobility, strength, and power. Move like never before, beginning from the core, and reach farther than you thought possible. (30 min.)
- **Blitz 1:** A muscle and cardio conditioning class that will burn a ton of calories, tone and sculpt your entire body and enhance your overall fitness level. In this session, Carl will blitz your lower body, core and upper body to your maximum benefit in the least amount of time. (39 min.)
- **Afterburn:** The name alone says it all. So get ready to turn up the heat and send your metabolism into overdrive! You'll use your own body weight plus dumbbells for metabolic intervals alternation with low impact, high-intensity cardio for the ultimate fat burning workout.

APPOINTMENT BASED PERSONAL FITNESS TRAINING:

***All Classes available in Private or Semi Private Sessions.**

***Please call the Revive Spa for detailed descriptions and pricing.**

480 293-3700.