



## GROUP FITNESS CLASSES

### MORNING STRETCH & MEDITATION

30 min | \$300

Greet the day with outstretched arms and a focused mind with this light stretching. Session can be done in workout apparel or even in business-casual clothing.

### SUNRISE YOGA

60 min | \$425

Begin the day with a yoga flow session set to begin 15 minutes prior to sunrise. Salute the sun as it makes its way above Camelback Mountain, casting its rays on the beauty of a new day. We will customize the class with a style of yoga that best suits the group and prepare our stunning rooftop overlook or gorgeous lawn with yoga mats, a fruit-infused water station, and towels.

### MOONLIGHT YOGA

60 min | \$850

In the setting of a dramatic moonlight desert night, Moonlight yoga on our Camelback Overlook is something you won't soon forget. Water Station mats, moon-balloon, and towels are provided to accompany this one-of-a-kind experience.

### THE CLASSIC

30 min | \$300

60 min | \$350

Choose from any one of our classic fitness classes and host a private class specifically for your group. Rev it up or slow it down with options like Boot Camp, Yoga, Pilates, Aerial Yoga, Spin, BARRE, TRX, HIIT, Deep Stretch, Aqua, Cardio Kick Boxing, and more!

## **A MINDFUL MINUTE**

30 min | \$300

An introduction to mindfulness and a 15 minute guided meditation. Mindfulness allows us to become more aware and appreciative of the here and now. Once learned, the applications are endless and include increased productivity, resiliency, and creativity.

This breakout is an excellent way to begin the day or recharge midway through a schedule of meetings.

## **STAND-UP PADDLE BOARD YOGA**

60 min | \$625 | Additional Classes \$400

Join us at the Citizens Club pool for an exhilarating way to yoga! Paddle board yoga incorporates live music and on-board meditation in a setting most sublime. You will go through traditional yoga poses atop a paddle board while floating in one of our negative edge pools. Prepare to be inspired as you strengthen mind, body, and soul.

This event has an 8 person maximum per session.

## **MINDFULNESS & MIMOSAS**

45 min | \$340 minimum

Take a moment to reflect and recognize your successes as the beauty of the desert comes into focus atop our stunning Camelback Overlook. Subtle details and grander visions pair wonderfully with chilled citrus and champagne. Whether your mission is intricately complex or short and sweet, we are at your service.

## **PICK TWO**

60 min | \$375

The choice is yours. Pick any two of our top requested classes to blend a fitness session that suites the needs of your group. Mix it up with TRX, Aerial Yoga, Spin, Boot Camp, Deep Stretch, and more!



## SERENE SOUND HEALING & MEDITATION

overnight resort guests | \$150 for 1-4 people  
locals | \$200 for 1-4 people  
\$20 for each additional person over 4  
add a gong for \$25

Enjoy a private wellness experience that will soothe body and mind. Local wellness expert Cortney Halstead will guide you through a 45-minute sound healing session. Experience true tranquility as the tones and vibrations of the crystal bowls relax your thoughts, enhance lymph flow, and increase blood circulation. The session also incorporates mindful meditation and breath control to enter you into a state of deep relaxation. This experience can be enjoyed in a guestroom, suite, meeting room, or outdoor area of the resort. All areas outside of guestrooms and suites are subject to availability.

## CLASS SIZE MAXIMUMS

TRX | 10 people  
aerial yoga | 9 people  
spin | 8 people  
stand-up paddle board yoga | 8 people  
all other classes can usually accommodate 75+ people

\*An additional \$100 charge will be applied to any class with over 40 people.

\$3 per mat rental

