

FITNESS CLASSES & SCHEDULE



Body Sculpting

A fat-burning, cardiovascular workout for strength and conditioning. (Limit 4 students)

Bosu Blast

Full body workout increasing strength, flexibility and balance combined with cardiovascular workout. (Limit 4 students)

Core Revolution

Build a strong lean core with isometrics, dynamic, balance, resistance, and flexibility training. (Limit 4 students)

Cycle Zen

A cardiovascular cycling workout incorporating hill climbs and sprints followed by a relaxing flexibility cool down. (Limit 4 students)

Foam Roll & Release

Foam rollers are used to self massage and release muscle tightness and trigger points, assisting in muscle recovery. (Limit 4 students)

Pilates-Yoga Fusion

A fusion of mat pilates and yoga focused on muscle sculpting and core firming and flexibility training. (Limit 8 students)

Reformer Pilates

A workout for students of all levels, using Pilates Reformer equipment. (Limit 4 students)

Studio Yoga

A Vinyasa Flow class for students of all levels. (Limit 10 students)

Tranquility Yoga

A gentle flow for students of all levels, intended to awaken the body within the beautiful setting of our award winning spa. (Limit 4 students)

Zumba

An exhilarating cardiovascular dance fitness workout incorporating various styles of dance and music. (Limit 8 students)

Personal Training

A personalized program to fit your individual needs. 30/60 minutes \$75/\$100

- Fitness Center Hours: 5:30 a.m. to 8 p.m.
- Classes—by appointment only, 702.770.4772
- Group classes—\$30 each
- Personal Training – from \$75
- Private Classes—from \$100
- A 100% cancellation fee applies for all appointments canceled within 6 hours of the scheduled start time.
- The Spa and Fitness Center are adult facilities and appropriate for guests 18 years of age and older.

Week of April 30 - May 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Sculpting	11:00am(Ali) 2:00pm(Isaac)	2:00pm(Isaac)	9:00am(Erica) 2:00pm(Isaac)	9:00am(Erica) 2:00pm(Isaac)	10:00am (Ali) 1:00pm (Erica)	10:00am (Ali) 1:00pm (Erica)	11:00am(Ali) 1:00pm(Erica) 3:00pm(Isaac)
Bosu Blast		1:00pm (Ali)			3:00pm (Ali)	3:00pm (Ali)	
Core Revolution	9:00am(Ali) 4:00pm(Isaac)	11:00am(Ali) 5:00pm(Isaac)	11:00am(Erica) 4:00pm(Isaac)	11:00am(Erica) 4:00pm(Isaac)	12:00pm(Ali) 4:00pm(Erica)	12:00pm(Ali) 4:00pm(Erica)	9:00am(Ali) 12:00pm(Isaac) 5:00pm(Erica)
Cycle Zen							
Foam Roll & Release	7:00am (Ali)	3:00pm (Ali)					7:00am (Ali)
Pilates-Yoga Fusion							
Reformer Pilates		8:00am (Daniela)	8:00am (Daniela)	8:00am (Daniela)	6:30am(Daniela) 8:00am(Daniela)	6:30am(Daniela) 8:00am(Daniela)	
Studio Yoga		10:00am (Daniela)	10:00am (Daniela)	10:00am (Daniela)	10:00am (Daniela)	10:00am (Daniela)	
Tranquility Yoga		6:30am (Daniela)		6:30am (Daniela)			
Zumba							

Week of May 7 - May 13	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Sculpting	11:00am(Ali) 2:00pm(Isaac)	2:00pm (Isaac)	9:00am(Erica) 2:00pm(Isaac)	9:00am(Erica) 12:00pm(Ali)	10:00am(Ali) 1:00pm(Erica)	10:00am(Ali) 1:00pm(Erica)	11:00am(Ali) 1:00pm(Erica) 3:00pm(Isaac)
Bosu Blast				1:00pm (Ali)	3:00pm (Ali)	3:00pm (Ali)	
Core Revolution	9:00am(Ali) 4:00pm(Isaac)	4:00pm (Isaac)	11:00am(Erica) 4:00pm(Ali)	11:00am(Erica) 4:00pm(Ali)	12:00pm(Ali) 4:00pm(Erica)	12:00pm(Ali) 4:00pm(Erica)	9:00am(Ali) 12:00pm(Isaac) 5:00pm(Erica)
Cycle Zen							
Foam Roll & Release	7:00am (Ali)						7:00am (Ali)
Pilates-Yoga Fusion							
Reformer Pilates		8:00am (Daniela)	8:00am (Daniela)	8:00am (Daniela)	6:30am(Daniela) 8:00am(Daniela)	6:30am(Clare) 8:00am(Clare)	
Studio Yoga		10:00am (Daniela)	10:00am (Daniela)	10:00am (Daniela)	10:00am (Daniela)	10:00am (Clare)	
Tranquility Yoga		6:30am (Daniela)	6:30am (Daniela)	6:30am (Daniela)			
Zumba							