








# FITNESS SCHEDULE

JANUARY – FEBRUARY 2019

CANYON RANCH.

spa | fitness | beauty

THE VENETIAN® AND THE PALAZZO®

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <b>Salt Grotto Yoga*</b> 6:30 AM – 7:20 AM	<b>Indoor Cycling</b> 7 AM – 7:45 AM	<b>Salt Grotto Yoga*</b> 6:30 AM – 7:20 AM	<b>Indoor Cycling</b> 7 AM – 7:45 AM	<b>Yoga Vinyasa Flow</b> 7 AM – 7:50 AM	<b>Run The Strip*</b> 7 AM – 7:45 AM	<b>Yoga Vinyasa Flow</b> 9 AM – 10:30 AM
<b>Indoor Cycling</b> 8 AM – 8:45 AM	<b>Power Yoga</b> 8 AM – 8:45 AM	<b>Indoor Cycling</b> 8 AM – 8:45 AM	<b>HIIT Yoga</b> 8 AM – 8:50 AM	<b>Morning Meditation</b> 8 AM – 8:20 AM	<b>HIIT Yoga</b> 8 AM – 8:50 AM	<b>Pilates Mat</b> 11 AM – 11:45 AM
<b>Morning Meditation</b> 8 AM – 8:20 AM	<b>Muscle Run*</b> 8 AM – 8:45 AM	<b>Weights &amp; Rowers</b> 8 AM – 8:45 AM	 <b>Muscle Run*</b> 8 AM – 8:45 AM	<b>Indoor Cycling</b> 9 AM – 9:45 AM	 <b>Indoor Cycling</b> 9 AM – 9:45 AM	 <b>Restorative Yoga</b> 12 PM – 12:45 PM
<b>Long &amp; Lean Barre Workout</b> 9 AM – 9:45 AM	<b>Muscle Max</b> 9 AM – 9:45 AM	<b>Pilates Mat</b> 9 AM – 9:45 AM	<b>Powerhouse Pilates</b> 10 AM – 10:45 AM	 <b>Weight A Minute</b> 10 AM – 10:45 AM	<b>Long &amp; Lean Barre Workout</b> 10 AM – 10:45 AM	
<b>Powerhouse Pilates</b> 10 AM – 10:45 AM	<b>Restorative Yoga</b> 11 AM – 11:45 AM	 <b>Roll 'N' Release Fitness for Your Feet™</b> 10 AM – 10:45 AM	<b>Yoga Vinyasa Flow</b> 4 PM – 4:50 PM	<b>Barre Fight</b> 11 AM – 11:45 AM	<b>Country Line Dancing</b> 11 AM – 11:45 AM	
<b>Weight A Minute</b> 4 PM – 4:45 PM	 <b>Yoga Vinyasa Flow</b> 4 PM – 4:50 PM	<b>Yoga Vinyasa Flow</b> 11 AM – 12:30 PM		<b>Fit Strip</b> 12 PM – 12:45 PM	<b>Yoga Vinyasa Flow</b> 12 PM – 1:30 PM	
				<b>Yoga Blend</b> 4 PM – 4:45 PM		

\$20 drop-in is available for all scheduled classes. Classes are complimentary with 50-minute or longer Spa, Salon or Wellness services.

\*Meet in The Venetian® Spa lobby. | † Meet in The Palazzo® Spa lobby.

702.414.3600

# FITNESS CLASS DESCRIPTIONS

## **BARRE FIGHT / 45 MIN**

A mix of graceful ballet barre movements with intense martial arts and cardio.

## **COUNTRY LINE DANCING / 45 MIN**

A blend of traditional line dance moves.

## **FIT STRIP / 45 min**

A choreographed dance class based on the movements of the strip tease.

## **HIIT YOGA / 50 MIN**

Cardio and yoga in one class. 25 mins of high intensity interval training followed by 25 minutes of yoga.

## **INDOOR CYCLING / 45 MIN**

A strength-, endurance- or interval-focused class with bikes that lean like road bikes!

## **LONG & LEAN BARRE WORKOUT / 45 MIN**

High-repetition exercises and mat work to strengthen, tone and balance the whole body.

## **MORNING MEDITATION / 20 MIN**

Begin your day mindfully reducing stress and increasing energy.

## **MUSCLE MAX / 45 MIN**

Challenge yourself with exercises on strength and stability equipment.

## **MUSCLE RUN / 45 MIN**

Combination of cardio and strength training on Las Vegas Boulevard. *Please meet in The Venetian® Spa lobby.*

## **PILATES MAT / 45 MIN**

Learn exercises for core strength, muscular balance, concentration and breath.

## **POWERHOUSE PILATES / 45 MIN**

Next-level Pilates in an intense, full-body mat workout.

## **POWER YOGA / 45 MIN**

A quick, vigorous and challenging class for strength, balance and flexibility.

## **RESTORATIVE YOGA / 45 MIN**

Deep relaxation using bolsters and props in gentle, supported poses.

## **ROLL 'N' RELEASE**

## **FITNESS FOR YOUR FEET™ / 45 MIN**

Foam rolling and body rolling to increase function and flexibility

## **RUN THE STRIP / 45 MIN**

Get your sightseeing and cardio workout on Las Vegas Boulevard. *Please meet in The Venetian® Spa lobby.*

## **RUN THE TREAD / 45 MIN**

Whether you're a walker or runner, learn to make the most of your treadmill time with this interval workout.

## **SALT GROTTO YOGA / 50 MIN**

Slightly heated Vinyasa Flow held inside the spa Salt Grotto for increased flexibility and detoxification.

*Please meet in The Palazzo® Spa lobby.*

## **WEIGHT A MINUTE / 45 MIN**

Strength-training exercises of increasing difficulty and durations.

## **WEIGHTS & ROWERS / 45 MIN**

A full-body workout combining resistance training with a rowing machine.

## **YOGA BLEND / 45 MIN**

Gentle yoga, body rolling and exercise dome work to help your body recover.

## **YOGA VINYASA**

## **FLOW / 50 | 90 MIN**

Challenging, intermediate postures connect movement and breath.

*Classes and times are subject to change without notice.*