








FITNESS SCHEDULE

MARCH – APRIL 2019

CANYON RANCH.

spa | fitness | beauty

THE VENETIAN® AND THE PALAZZO®

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

A cardiovascular workout using athletic drills and strength-training.

HIIT YOGA / 50 MIN

A fusion workout of high intensity interval training and vinyasa flow 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 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 Salt Grotto for increased flexibility and detoxification.

Please meet in The Palazzo® Spa lobby. Space is limited for six guests.

THE R.E.A.R VIEW / 45 MIN

Work out with all things glutes.

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.