

# FITNESS SCHEDULE

MAY – JUNE 2019

CANYONRANCH.

spa | fitness | beauty

THE VENETIAN® RESORT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Salt Grotto Yoga <sup>†</sup> 6:30 AM – 7:20 AM	Indoor Cycling 7 AM – 7:45 AM	Salt Grotto Yoga <sup>†</sup> 6:30 AM – 7:20 AM	Indoor Cycling 7 AM – 7:45 AM		Salt Grotto Yoga <sup>†</sup> 6:30 AM – 7:20 AM	Muscle Run* 8 AM – 8:45 AM
 Indoor Cycling 8 AM – 8:45 AM	Muscle Max 8 AM – 8:45 AM	Weights & Rowers 8 AM – 8:45 AM	 HIIT Yoga 8 AM – 8:50 AM	Sunrise Yoga <sup>†</sup> 6:30 AM – 7:20 AM	 HIIT IT! 8 AM – 8:50 AM	Yoga Vinyasa Flow 9 AM – 10:30 AM
Long & Lean Barre Workout 9 AM – 9:45 AM	 Roll 'N' Release Fitness for Your Feet™ 9 AM – 9:45 AM	Pilates Mat 9 AM – 9:45 AM	The R.E.A.R View 9 AM – 9:45 AM	Morning Meditation <sup>†</sup> 7:30 AM – 7:50 AM	Indoor Cycling 9 AM – 9:45 AM	 Pilates Mat 11 AM – 11:45 AM
Weights & Rowers 10 AM – 10:45 AM	The R.E.A.R View 10 AM – 10:45 AM	 Weight A Minute 10 AM – 10:45 AM	Roll 'N' Release Fitness for Your Feet™ 10 AM – 10:45 AM	Indoor Cycling 8 AM – 8:45 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	Yoga Vinyasa Flow 11 AM – 12:30 PM	Powerhouse Pilates 11 AM – 11:45 AM	Muscle Max 9 AM – 9:45 AM	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 4 PM – 4:50 PM	Barre Fight 10 AM – 10:45 AM	Yoga Vinyasa Flow 12 PM – 1:30 PM	
				Fit Strip 12 PM – 12:45 PM		
				Yoga Blend 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 IT! / 50 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.  
*Please meet in The Palazzo® Spa lobby.*

## **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.

## **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

## **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 five guests.*

## **SUNRISE YOGA / 50 MIN**

An energizing outdoor class.  
*Please meet in The Palazzo® Spa lobby.*

## **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.