


FITNESS SCHEDULE

JULY – AUGUST 2019

CANYONRANCH.
spa | fitness | beauty
THE VENETIAN® RESORT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MOST  CLASS
Indoor Cycling 8 AM – 8:45 AM Long & Lean Barre Workout 9 AM – 9:45 AM Weights & Rowers 10 AM – 10:45 AM Powerhouse Pilates 11 AM – 11:45 AM  Weight A Minute 4 PM – 4:45 PM	Wave Room Meditation[†] 6:30 AM – 6:55 AM Indoor Cycling 7 AM – 7:45 AM Muscle Max 8 AM – 8:45 AM Roll 'N' Release Fitness for Your Feet™ 9 AM – 9:45 AM The R.E.A.R View 10 AM – 10:45 AM Restorative Yoga 11 AM – 11:45 AM Yoga Vinyasa Flow 4 PM – 4:50 PM	Weights & Rowers 8 AM – 8:45 AM  Pilates Mat 9 AM – 9:45 AM Weight A Minute 10 AM – 10:45 AM Yoga Vinyasa Flow 11 AM – 12:30 PM	Wave Room Meditation[†] 6:30 AM – 6:55 AM Indoor Cycling 7 AM – 7:45 AM HIIT Yoga 8 AM – 8:50 AM The R.E.A.R View 9 AM – 9:45 AM Roll 'N' Release Fitness for Your Feet™ 10 AM – 10:45 AM Powerhouse Pilates 11 AM – 11:45 AM Yoga Vinyasa Flow 4 PM – 4:50 PM	Sunrise Yoga[†] 6:30 AM – 7:20 AM Morning Meditation[†] 7:30 AM – 7:50 AM Indoor Cycling 8 AM – 8:45 AM Muscle Max 9 AM – 9:45 AM Barre Fight 10 AM – 10:45 AM Yoga Blend 4 PM – 4:45 PM	HIIT IT! 8 AM – 8:50 AM Indoor Cycling 9 AM – 9:45 AM Long & Lean Barre Workout 10 AM – 10:45 AM Fit Strip 11 AM – 11:45 AM  Yoga Vinyasa Flow 12 PM – 1:30 PM	Muscle Run* 8 AM – 8:45 AM Yoga Vinyasa Flow 9 AM – 9:50 AM HIIT IT! 10 AM – 10:50 AM Pilates Mat 11 AM – 11:45 AM Restorative Yoga 12 PM – 12:45 PM	limited space  SALT GROTTO YOGA 6:30AM – 7:20AM MONDAY WEDNESDAY SATURDAY \$35 drop-in or \$20 fee with service

\$20 drop-in is available for all scheduled classes. Classes, with the exception of Salt Grotto Yoga, 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.

FIT STRIP / 45 MIN

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

HIIT IT! / 50 MIN

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. Fees apply.*

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.

WAVE ROOM MEDITATION

25 MIN

Calm your mind and relax your body with this guided meditation inside our water reflecting domed canopy. *Please meet in The Palazzo Spa® lobby. Space is limited to nine guests.*

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.