





FITNESS SCHEDULE

SEPTEMBER – OCTOBER 2019

CANYONRANCH.
spa | fitness | beauty
THE VENETIAN® RESORT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MOST ♥ CLASS
Boot Camp The Palazzo® Fitness Center 7 AM – 7:45 AM Pilates Mat 8 AM – 8:45 AM Indoor Cycling 8 AM – 8:45 AM Isophit Demo 11 AM – 11:15 AM	HIIT Yoga 7 AM – 7:50 AM Indoor Cycling 7 AM – 7:45 AM  Sole and Roll Vibe 8 AM – 8:45 AM Normatic Demo 11 AM – 11:15 AM Weights & Rowers 4 PM – 4:45 PM	Boot Camp The Palazzo® Fitness Center 7 AM – 7:45 AM Pilates Mat 8 AM – 8:45 AM Indoor Cycling 8 AM – 8:45 AM Power Plate Demo 11 AM – 11:15 AM	Indoor Cycling 7 AM – 7:45 AM Long & Lean Barre Workout 8 AM – 8:45 AM Run the Tread 8 AM – 8:45 AM Fusionetics Movement Screening Demo 11 AM – 11:15 AM  HIIT Yoga 4 PM – 4:50 PM	Sunrise Yoga† 7 AM – 7:50 AM Indoor Cycling 7 AM – 7:45 AM Pilates Mat 8 AM – 8:45 AM Boot Camp The Palazzo® Fitness Center 8 AM – 8:45 AM Hypervolt Demo 11 AM – 11:15 AM	HIIT IT! 8 AM – 8:50 AM  Indoor Cycling 8 AM – 8:45 AM Long & Lean Barre Workout 9 AM – 9:45 AM Pilates Mat 10 AM – 10:45 AM Bod Pod® Body Composition Demo 11 AM – 11:15 AM	Yoga Vinyasa Flow 8 AM – 8:50 AM HIIT IT! 9 AM – 9:50 AM Restorative Yoga 10 AM – 10:45 AM Neuromuscular Test Demo 11 AM – 11:15 AM	<i>limited space</i>  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 Palazzo® Spa lobby.

702.414.3600

FITNESS CLASS DESCRIPTIONS

BOOT CAMP / 45 MIN

Test your abilities. Lift, throw and stretch through this intense workout with equipment and props. *Located in The Palazzo® fitness studio.*

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.

PILATES MAT / 45 MIN

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

RESTORATIVE YOGA / 45 MIN

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

RUN THE TREAD / 50 MIN

Regardless if you are a walker or runner, learn how 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 five guests. Fees apply.*

SOLE AND ROLL VIBE/ 45 MIN

Foam rolling and body rolling to increase function and flexibility using vibration tools.

SUNRISE YOGA / 50 MIN

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

WEIGHTS & ROWERS / 45 MIN

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

YOGA VINYASA FLOW / 50 MIN

Challenging, intermediate postures connect movement and breath.

DEMOS / 15 MIN

Visit The Venetian Fitness Center at 11 AM daily for new types of wellness demonstrations.