

THE SCOTTSDALE PLAZA

RESORT & VILLAS

Group Fitness Classes

Monday

Cardio Moves 10AM

A high energy, music based class. Boost your heart rate while getting your whole body moving. Each movement extends from the core helping you work your midsection.

Plaza Deskercise 11AM - 12PM

Seated and standing exercises that tone muscles, improve cardiovascular fitness, and burn calories. We work on core conditioning and elongation techniques.

Tuesday

Wednesday

Yoga Mashup 10AM - 11:30AM

Improve muscle tone, posture, coordination and relieve stress with conditioning exercises, utilizing yoga stretching and strengthening techniques... with a little cardio to boot

Thursday

Cardio Moves 10AM

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Plaza Deskercise 11AM - 12PM

Seated and standing exercises that tone muscles, improve cardiovascular fitness, and burn calories. We work on core conditioning and elongation techniques.

Friday

Yoga Mashup 10AM - 11:30AM

Improve muscle tone, posture, coordination and relieve stress with conditioning exercises, utilizing yoga stretching and strengthening techniques... with a little cardio to boot