

SEPTEMBER FITNESS SCHEDULE

Agave, The Arizona Spa | The Westin Kierland Resort & Spa | 6902 East Greenway Parkway | Scottsdale, AZ 85254 | 480.624.1525

	SUN	MON	TUES	WED	THURS	FRI	SAT
6:30 AM			RUN CONCIERGE		RUN CONCIERGE		
7:00 AM		YOGA FOR ANY BODY					
8:00 AM			YOGA FOR ANY BODY	YOGA FOR ANY BODY	YOGA FOR ANY BODY	YOGA FOR ANY BODY	
9:00 AM	SLOW FLOW (VINYASA) YOGA						
10:30 AM							GENTLE YOGA
11:30 AM							ALL LEVELS FLOW (VINYASA) YOGA
4:00 PM				YOGA FOR THE SENSES	YOGA FOR THE SENSES	HAPPY HOUR YOGA*	

All Levels Flow (Vinyasa) Yoga (50 min) – Poses are built from a simple, strong foundation and modifications are introduced to help support the level of your practice. Breath and movement are linked to build a deeper awareness of the energetic body.

Gentle Yoga (50 min) – A slow nurturing sequence of gentle poses targeting areas of stress from emotional reactions as well as over use from athletic activities. Poses are held a little longer to affect not only muscle but fascia tissue. You will feel great after this class.

Happy Hour Yoga* (50 min) – A fun, energizing yoga practice to invigorate and release the week’s stress. This is an all level athletic practice so be ready to sweat. Class is capped off with an Adult Beverage! Hello Weekend!

Run Concierge (50 min) – Allow our Run Concierge to motivate and support you on a jog or run (group size dependent) so you can indulge in the Sweet Shoppe with no guilt. Distance will vary by group size. Meet in Resort Lobby. See you there!

Yoga for Any Body (50 min) – Builds physical and mental strength by concentrating on the practice of postures and breath control. This class is for all fitness levels.

Slow Flow (Vinyasa) Yoga (50 min) – Principles of proper alignment, breathing and mindfulness within sun salutations and basic poses are taught in this slower paced flow class where breath is linked with movement.

Yoga for the Senses (50 min) - Relax, renew and refresh in this gentle yoga class that utilizes various essential oils to deepen this calming, de-stressing practice.

All Levels Flow Yoga, Gentle Yoga, Yoga for Any Body, Slow Flow, and Yoga for the Senses are complimentary with a Resort Service Charge or spa service, otherwise fitness experiences () will be subject to a \$15 to \$30 charge.*

"Fitness schedule is subject to change"

Pickleball, Basketball, and Tennis are available for Resort and Villas guests for a fee of \$40 which includes equipment. The facilities and equipment are complimentary with the Resort Service Charge.

Court times are 1 hour and can be booked in the Spa.