





FITNESS SCHEDULE

MARCH – APRIL 2020

CANYONRANCH[®]

spa | fitness | beauty

THE VENETIAN[®] RESORT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Salt Grotto Yoga[†] 6:30 AM – 7:20 AM <i>*fees apply</i> 	HIIT IT! 7 AM – 7:45 AM	Salt Grotto Yoga[†] 6:30 AM – 7:20 AM <i>*fees apply</i>	Indoor Cycling 7 AM – 7:45 AM	Yoga Vinyasa 7 AM – 7:50 AM	Salt Grotto Yoga[†] 6:30 AM – 7:20 AM <i>*fees apply</i>	Yoga Vinyasa 8 AM – 8:50 AM
Boot Camp The Palazzo [®] Fitness Center 7 AM – 7:45 AM	Indoor Cycling 7 AM – 7:45 AM	Boot Camp The Palazzo [®] Fitness Center 7 AM – 7:45 AM	Pilates Mat 8 AM – 8:45 AM	Indoor Cycling 7 AM – 7:45 AM	HIIT IT! 8 AM – 8:45 AM	TRX 9 AM – 9:45 AM
Long & Lean Barre Workout 8 AM – 8:45 AM	Sole & Roll Vibe 8 AM – 8:45 AM	Long & Lean Barre Workout 8 AM – 8:45 AM	TRX 8 AM – 8:45 AM		Indoor Cycling 9 AM – 9:45 AM	
Indoor Cycling 8 AM – 8:45 AM	Compression Massage Demo 11 AM – 11:15 AM	Indoor Cycling 8 AM – 8:45 AM	Fusionetics Movement Screening Demo 11 AM – 11:15 AM	Sole & Role Vibe 8 AM – 8:45 AM	Pilates Mat 10 AM – 10:45 AM	Restorative Yoga 10 AM – 10:45 AM
Percussion Self Recovery Demo 11 AM – 11:15 AM	Yoga Vinyasa Flow 4 PM – 4:50 PM	 Indoor Cycling 8 AM – 8:45 AM	Yoga Barre 4 PM – 4:50 PM	Boot Camp The Palazzo [®] Fitness Center 8 AM – 8:45 AM	Bod Pod[®] Body Composition Demo 11 AM – 11:15 AM	Muscle Activation Tehniques[®] Demo 11 AM – 11:15 AM
		Vibration Platform Demo 11 AM – 11:15 AM		Isometric Strength Demo 11 AM – 11:15 AM		

\$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.

[†] Salt Grotto Yoga is \$35 drop-in or \$20 fee with service. Meet in The Palazzo[®] Spa lobby. Space is limited.

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! / 45 MIN

A cardiovascular workout using athletic drills and strength-training.

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.

SALT GROTTTO 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 & ROLL VIBE / 45 MIN

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

TRX / 45 MIN

Perform basic movement patterns on TRX suspension straps challenging strength, flexibility and mobility.

YOGA BARRE / 50 MIN

Fusion class with vinyasa flow and strength exercises with light weight and high repetitions.

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.