



the spa & salon  
at ARIA

## FITNESS AND WELLNESS OFFERINGS

### PERSONAL ONE-ON-ONE TRAINING SESSIONS

The ARIA Fitness center features a host of fitness professionals who are available to answer your questions, or even help you develop an entirely new fitness plan. Your goals will be assessed as part of developing your personalized regime.

*25 minutes – \$50 per person / 50 minutes – \$90 per person*

### INFRARED FULL-BODY COMPOSITION TESTING

State-of-the-art body fat analysis that subdivides the total weight of body fat into three separate categories: essential, reserve and excess. Printed results provided to every guest with testing.

*15 minutes – \$20 per person*

### SPORT THERAPEUTIC STRETCH (ONE-ON-ONE)

A complete one-on-one, full-body static stretch perfect for flexibility; designed for your personal needs. Helps to improve posture and strengthen the muscles.

*25 minutes – \$50 per person*

### ARIA HIKE

Experience some of the best hiking outside and inside the most scenic areas of ARIA with this exhilarating, heart-pumping workout that focuses on the whole body and stimulates the mind.

*50 minutes – \$65 per person*

### WELLNESS EXPERIENCES

Enhance your fitness sessions or book as individual experiences.

**Red Light Therapy** – This full body, non-invasive treatment is a recommended for general wellness, and can be great for a boost of energy as well as recovery benefits.

*20 minutes – \$120 per person*

**Meditation** – This grounding practice helps to activate our rest-and-digest system and begin the process of ushering our body back to a more natural and calm state.

*25 minutes – \$45 per person*

**Sound Bath Therapy** – This class harnesses the frequencies of the reverberating sounds and vibrations of crystal bowls of all shapes and sizes specific to each chakra, to lull you into a peaceful and mindful state of being.

*25 minutes – \$45 per person*

### GROUP FITNESS CLASSES (2 OR MORE PEOPLE)

All group classes can be customized to your group's comfort level.

*50 minutes – \$55 per person*

**Hiit Fix** – A high intensity circuit-based class that targets extreme calorie burn through calisthenics, plyometrics and core exercises that challenges the entire body.

**Combat Cardio** – Engage in a mix of boxing and conditioning drills that improve speed, endurance, coordination and agility.

**Trx / Body Sculpt** – A superset-based class that builds strength and increases muscular endurance utilizing free weights and suspension training.

**Yogalates** – In this workout that combines Pilates and yoga increase core strength and improve posture, while increasing flexibility and reducing stiffness.

**Yoga Sculpt** – This breath to movement class combines free weights with yoga and cardio to increase stamina and strength.

**Yoga Barre** – This class is a dynamic fusion of barre work, light weights, non-impact cardio and yoga designed for developing long and lean muscles.

**Power Yoga** – This intermediate, vinyasa-style class guides students through more advanced postures and creative sequencing.

**Yin Yoga** – This slow-moving class targets connective tissue through seated and lying postures held for extended periods of time with blocks and straps.

**Power Fusion Yoga** – This class includes balancing, core work, hip openers and inversions accompanied by music, encouraging mindful focus and detoxification.

**For additional information or to book a class, call 702.590.9600.**

Please be signed up and checked in 15 minutes prior to class start time. Class may be shortened or cancelled if participants are late. Class availability is subject to change without notice. For your convenience, a 20% service charge will be added to each spa and salon service received. Notify the Spa & Salon four hours prior to your appointment time if you need to cancel or reschedule. If we do not receive a call, you will be charged 100% full payment for services not canceled in the time allotted.

Guests must be 18 years of age or older or, 16 with an adult who is 18 or older for fitness and wellness experiences. Appropriate workout footwear is required.