



A BESPOKE WELLNESS JOURNEY

We invite you to experience the breathtaking architecture of the ARIA campus through a new lens. Curated by the fitness experts at ARIA's Spa & Salon, this self-guided wellness circuit features a series of energizing movements designed to awaken the body, elevate your heart rate and center the mind.

Designed to take approximately 35 to 45 minutes, this journey allows you to move at a pace that honors your individual wellness goals, seamlessly weaving fitness into our luxurious surroundings. As you complete your route, take a moment to breathe deeply, appreciate the energy you've cultivated and carry this renewed vitality with you as you continue your day.

Turn this card over to begin your journey. We kindly suggest adjusting your pace based on the time of day and the natural flow of guests to ensure a flawless experience.

restore
— BY MGM

YOUR JOURNEY

Approx. 35–45 Minutes

WAYPOINT:	PATH:	MOVEMENT:
1 THE AWAKENING Jewel Nightclub Entrance	Begin your journey at North Valet, taking the stairs down toward Jewel entrance.	Select 5–6 warm up exercises and perform each for 30 seconds. • Neck & Shoulder Rolls • Arm Circles • March in Place • Bodyweight Squats • Reverse Lunges • Lateral Lunges • Hamstring Scoops • Leg Swings
2 ELEVATED STRENGTH ARIA Front Desk Lobby	Make your way back through the North Lobby to the main ARIA Front Desk.	Utilizing the lobby benches, complete 10–12 repetitions of each exercise. Complete two rounds. • Bench Butt Taps • Incline or Decline Push-Ups • Bench Tricep Dips • Bulgarian Split Squats
3 OPEN-AIR VITALITY Main Valet Promenade	Step outside the lobby into the main valet area.	Complete 20–40 walking lunges. Breathe deeply and embrace the refreshing outdoor energy as you move.
4 CORE CENTERING ARIA Express Tram Lounge	Head upstairs toward the ARIA Express Tram (heading toward Park MGM). Pause in the carpeted lounge area.	Perform each exercise for 30 seconds. Complete two rounds. • Plank • Side Plank • Crunches • Plank & Hip Extension • Russian Twists • Lying Leg Raises
5 THE EXHILARATION ARIA Express Tram Deck	Step just outside onto the open-air tram deck.	Perform each exercise for 30 seconds. Complete two rounds. • Wall Sit • Butt Kicks • High Knees • Ice Skaters • Pop Squats • Jump Squats • Jumping Jacks
6 THE RESTORATION Promenade Level	Return inside and make your way to the serene convention space.	Take five minutes to complete these restorative cool-down stretches. • Seated Forward Fold • Standing Hamstring Stretch • Standing Side Stretch • Chest Opener Stretch

JOURNEY COMPLETE

Take a moment to breathe deeply and enjoy the renewed energy you've created through your Restore experience.

For your safety, please consult a healthcare professional before beginning any new exercise routine and participate only at a level that feels comfortable for your body.

Private consultations, one-on-one training sessions and elite fitness classes are available at The Spa & Salon at ARIA.