

GENERAL INFORMATION

This menu has been created to give group events a fun, healthy amenity that encourages well-being, networking and overall self-improvement.

For small or large groups staying at the resort, depending on your event schedule, fitness class activities can be added to your meeting's agenda.

- Advance reservations are required and all activities are based on availability.
- Activities are subject to change and can be customized to your groups needs.
- When possible, please refrain from bringing valuables to any scheduled activities.
- Guests age 13 and older may participate.

Class Capacity

All classes and activities are based on a minimum of four (4) participants.

Cancellation Policy

If you must reschedule or cancel, please do so 24 hours or more in advance. Notice is required to avoid being charged the full amount of any class. We strictly adhere to this cancellation policy as a courtesy to other guests and our instructors.

FOR ADDITIONAL FITNESS CLASS INFORMATION, PRICING & TO SCHEDULE, PLEASE CONTACT:

Direct: 602 375 4645 | In House: Ext. 7085

Email: tocaloma.spa@hilton.com



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STAY FIT PACKAGES

Moving the body is an energizing and empowering way to achieve total wellness. Pointe Hilton Tapatio Cliffs Resort is proud to offer a health focused solution for group events looking to seamlessly add an instructor-led exercise element.

FRESH START FITNESS



Kickoff your event and the day with an instructor led morning yoga class or guided hike:

Rise & Shine Yoga by The Falls

A total body workout incorporating sun salutations, standard yoga postures, balances and relaxation. This dynamic yoga format cultivates presence by connecting breath and movement. Appropriate for all levels. Personalized yoga mats with your company's logo are available for an extra fee.

Hiking

Phoenix is home to more than 40,000 acres of desert and mountain parks. Pointe Hilton Tapatio Cliffs Resort is nestled conveniently in the North Mountain and Shaw Butte trails area. If you would like a guided hike, our staff is equipped to accompany you on various trails that fit your fitness level and intensity preferences. Athletic/hiking shoes and bottled water required. Appropriate for all levels.

FITNESS RECHARGE

During your meeting, designate a 10-20 minute break in the mid-morning or afternoon:



Healthy Backs Over half of American's complain of back pain. Learn gentle stretches and techniques to relieve back pain and reduce stress. Participants must be able to get on the floor for these exercises.

Chair Yoga & Stretch

Take a quick stress reducing stretch break that incorporates the spine and the entire body. Movements are simple and performed in meeting room chairs and/or while standing in business attire. Energy and mood will be lifted and participants will become more alert.



Roll & Release

(Myofascial release) Tennis and golf balls are used to create a self-foot and hand massage session that will release tension, improve blood flow and promote mobility. This is one of the cutting edge stress reducing techniques used by leaders in the health, wellness and fitness industry.

FITNESS FINALE

End the day with a rousing team building fitness activity. Choose from the following formats to be customized to your groups needs:

Conquer the Cliffs

Energize you group of friends and family or meeting attendees with a rousing team relay of fitness exercises up the challenging incline road to Different Pointe of View - an adventure as well as a creative way to build camaraderie.



Scavenger Hunt

Teams of 3-4 people will race to designated stations around the property and perform different physical activities to complete the challenge and win a prize. This activity requires a smart phone per team to take pictures and video.

Tapatio Throwback Field Day

Remember how much you enjoyed Field Day in elementary school? It's back! Activities, races, relays and a great time for all. The ultimate in team building fused with fitness and fun.