

Fitness Recharge... Group Wellness Breakouts



It can be difficult at times for attendees to remain focused during meetings and classroom sessions. Why not take a break and re-energize and refresh with some simple exercises that can be done right from your meeting room. Let our staff guide your group to mental and physical well-being as you complete your curriculum for the rest of the day.

Class types: Yoga | Stretch | Meditation | Small Group Hikes

Pricing available upon request.

FOR MORE INFORMATION & TO
SCHEDULE, PLEASE CONTACT:

602 375 4645

located at Hilton Phoenix Tapatio Cliffs Resort
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