



FOUR SEASONS
RESORT
SCOTTSDALE AT TROON NORTH



GROUP WELLNESS ACTIVITIES



HIKING



Guided Pinnacle Peak Hike

Join our guide (guided until the Pinnacle Peak trailhead for 0.8 miles) for an Intermediate-paced hike to recharge your body and mind. This scenic trail has a very smooth tread with a number of ups and downs and offers panoramic valley views. The hike is 2 ½ to 4 miles.

Price: \$350

Duration: 1 hour 30 minutes

Capacity: 20



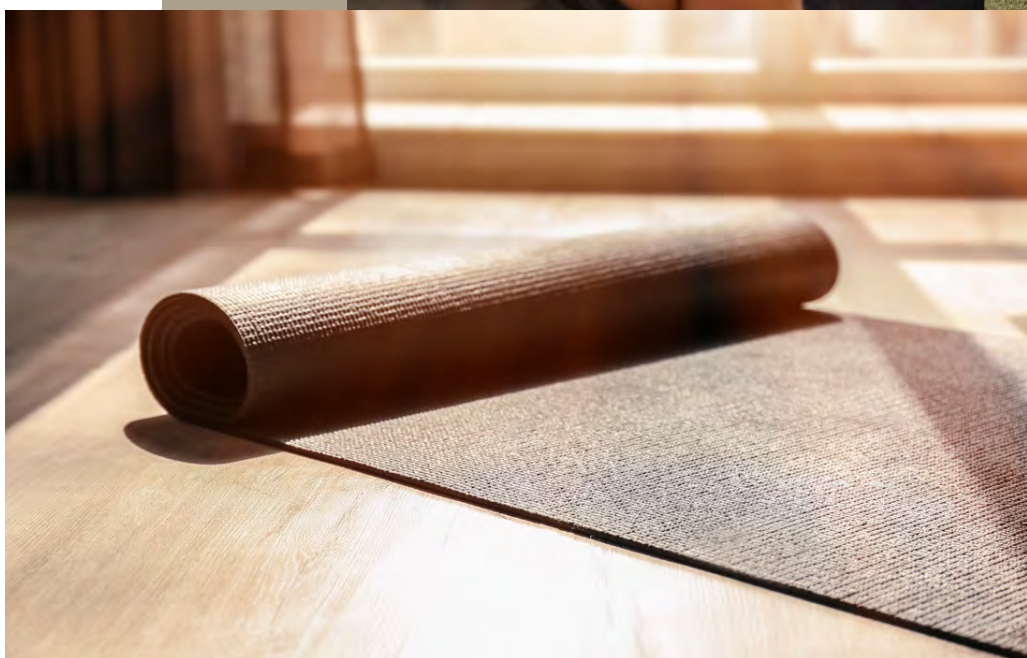
Desert Bathing

Take in the beauty of the Sonoran Desert and deepen your connection with nature. We will commence with a brief guided meditation and then continue on a light hike that incorporates yoga poses along the way, allowing deeper connection to place and the natural desert beauty.

Price: \$350

Duration: 1 hour

Capacity: 20



YOGA



Join one of our licensed yoga instructors for a relaxing and restorative yoga flow practice accompanied by views of the Valley on the resort's outdoor lawns.

Price: \$350

Duration: 1 hour

Capacity: 20

YOGALATES



The combination of yoga and pilates stretches and strengthens your body emphasizing core control in all poses and focusing on breathing while in motion. This user friendly fitness class is suitable for both general and highly athletic groups.

Price: \$350

Duration: 1 hour

Capacity: 20



SOUND HEALING



Enjoy the transformative power of guided meditation coupled with sound healing which is an ancient meditative practice that uses different musical implements to create healing vibrations around the body. This session focuses on helping you completely disconnect from all sources of anxiety and the worries of life.

Price: \$350

Duration: 1 hour

Capacity: 20

SOUL & SOUND



Enjoy a forty five-minute flow yoga class combined with a restorative sound bath.

Price: \$350

Duration: 1 hour

Capacity: 20



TENNIS & PICKLEBALL

Round Robin “Mixer”

An immersive event tailored to the needs of the group. The mixer can be fun and interactive where focus is not on the score, rather changing partners and keeping everyone involved. Our onsite pros ensure a dynamic and enjoyable experience for all involved.

Price: \$500

Duration: 2 hours

Capacity: Maximum 20 players



Tennis / Pickleball Clinic

In this clinic, players will be taught everything they need to fall in love with the game. Players learn to rally, serve, and incorporate basic elements of the game to ensure a memorable time on the courts. This is the perfect opportunity to try the game of tennis or pickleball in a fun and encouraging environment.

Price: \$500

Duration: 1 hour 30 minutes

Capacity: Maximum 12 players





FLOAT FIT



One part serious workout to one part serious fun! This total body workout, performed on an aqua board in our resort pool, incorporates yoga and pilates moves. Perfect for all ages and fitness levels. Class space is limited to 5 participants.

Price: \$350
Duration: 1 hour
Capacity: 5-10



BOOTCAMPS



Desert Bootcamp

Circuit training done around the resort property. This class is designed to target all areas of the body.

Price: \$350

Duration: 1 hour

Capacity: 20



Rock Bottom

This workout is designed to target the lower body muscle groups, particularly focusing on the glutes, quads, and hamstrings. Get ready to challenge your legs for a complete “rock bottom.”

Price: \$350

Duration: 1 hour

Capacity: 20



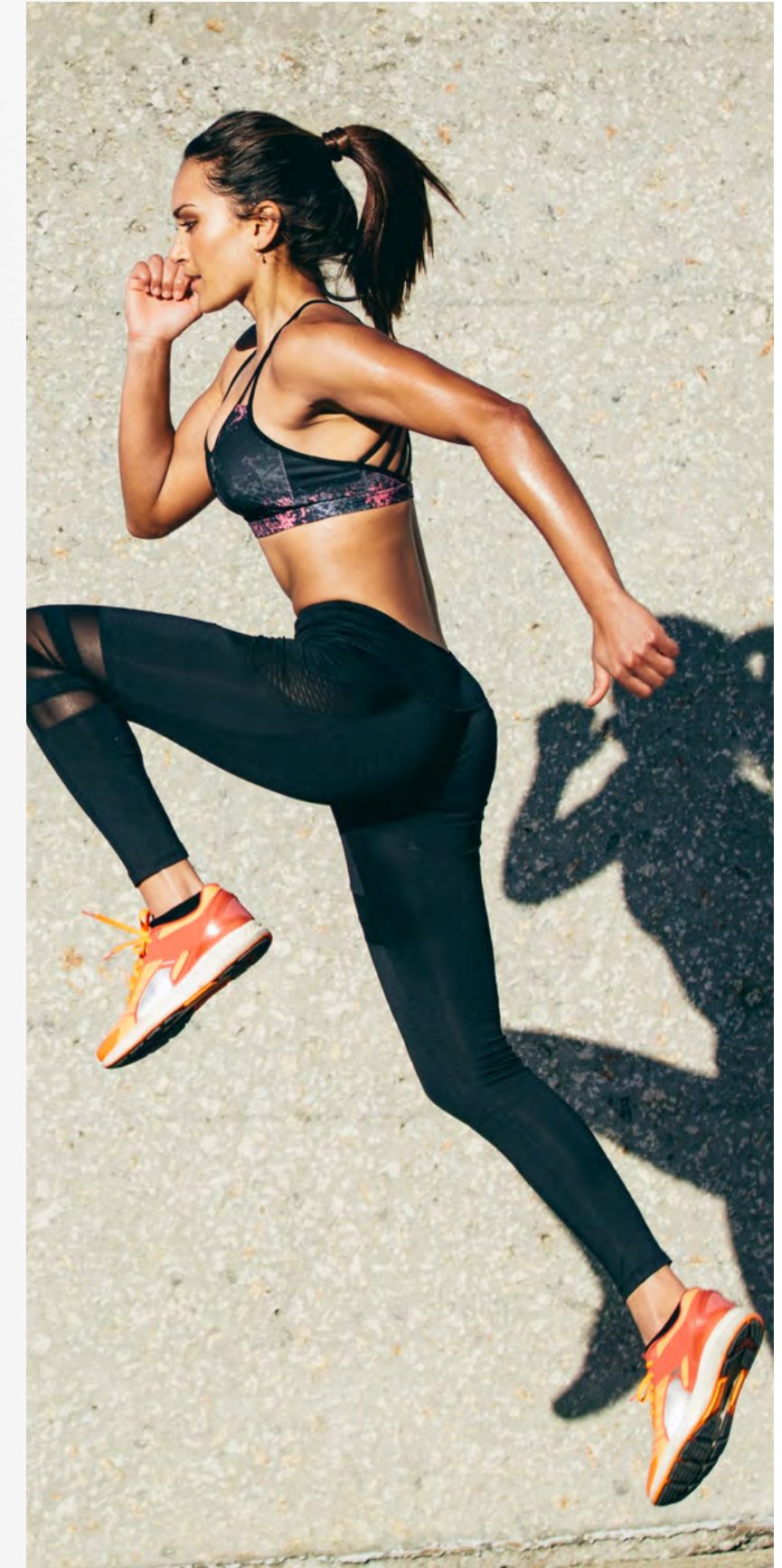
Group Spin

Ride into high gear with this incredible and exhilarating stationary cycle class focusing on the core muscles, this class incorporates balance and stretching techniques.

Price: \$350

Duration: 1 hour

Capacity: 20





AROMA BLEND BAR



Experience the joy of creating your own spa aromatherapy products by the help of the spa alchemist. Includes 8oz product.

Price: \$500

Duration: 1 hour

Capacity: 10



CANDLE MAKING WORKSHOP



We will walk you through the secrets of a candle making process and help to create your own custom scent. Includes 8oz candle.

Price: \$750

Duration: 1 hour

Capacity: 10

SPA EXPERIENCES



Chair Massages

Our talented massage professionals can provide chair massages at the location of your choosing. Guests will enjoy a back, neck, and shoulder massage.

Price: \$200 per therapist (per hour) + 20% gratuity

Capacity: Maximum 2 chairs



Spa Registration

For your convenience, a spa coordinator can be available at registration to assist your guests with scheduling individual spa appointments.

Price: \$350 for up to 8 hours



Personal Spa Treatments

Our spa is the perfect place to recharge. Your group members may choose from a variety of restorative therapies, tailored to their individual needs, from massages and facials to body treatments.

Price: Treatment price + 20% gratuity

Duration: 60 or 90 minutes

Capacity: 14 treatment rooms (including 3 couples' rooms)