

# ATHLETIC CLUB AT THE WESTIN

# CLASS SCHEDULE May 9 - May 15

## STUDIO COLOR KEY

■ MOVEMENT STUDIO ■ YOGA STUDIO ■ PILATES STUDIO ■ OUTDOOR EVENT ■ STUDIO M ■ RIVERSIDE BALLROOM  
Yellow Highlighted classes are new or special events | Classes will be filmed and participants must sign photo release - \*

### MONDAY MAY 9

#### YOGA

- 8:00 - 9:00 AM VINYASA FLOW - VICKI
- 12:00 - 1:00 PM THERAPEUTICS - MORGAN
- 4:00 - 5:00 PM FLOW & RESTORE - TARA
- 5:30 - 6:30 PM YOGA SCULPT - TARA

#### MOVEMENT

- 6:00 - 7:00 AM MASTER'S SWIM - JOSIAH
- 8:30 - 9:30 PM TOTAL BODY - JESSICA
- 12:00 - 1:00 PM BARRE - JESSICA
- 5:30 - 6:30 PM HIIT - MIKE

#### PILATES

- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - CATHY SUB
- 12:00 - 1:00 PM PILATES EQUIPMENT (\$) - CATHY SUB
- 4:00 - 5:00 PM PILATES EQUIPMENT (\$) - CATHY SUB
- 5:00 - 6:00 PM PILATES EQUIPMENT (\$) - CATHY SUB

### TUESDAY MAY 10

#### YOGA

- 6:30 - 7:30 AM HOT VINYASA FLOW - SHANNON
  - 12:00 - 1:00 PM VIN YIN YOGA - TRACY SUBBING
  - 5:30 - 6:30 PM MELLOW FLOW YOGA - VICKI
- #### MOVEMENT
- 8:30 - 9:30 AM TOTAL BODY - JESSICA SUBBING
  - 5:30 - 6:30 PM BARRE - TARA

#### STUDIO M

- 12:00 - 1:00 PM PM BOOTCAMP - TAM

#### PILATES

- 8:00 - 9:00 AM PILATES EQUIPMENT (\$) - CHAD
- 12:00 - 1:00 PM PILATES EQUIPMENT (\$) - DEB
- 4:00 - 5:00 PM PILATES EQUIPMENT (\$) - KIM
- 5:00 - 6:00 PM PILATES EQUIPMENT (\$) - CATHY

### WEDNESDAY MAY 11

#### YOGA

- 8:00 - 9:00 AM - VINYASA FLOW - LINDSAY
- 12:00 - 12:40 PM - BEGINNER YOGA - FELICIA
- 4:00 - 5:00 PM - FLOW & RESTORE - TARA

- 5:30 - 6:30 PM YOGA SCULPT - RICHEL
- #### MOVEMENT

- 6:00 - 7:00 AM MASTER'S SWIM - JOSIAH
  - 12:00 - 1:00 PM BARRE - JESSICA SUBBING
  - 5:30 - 6:30 PM HIIT - CHRISTY
- #### PILATES

- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - CATHY
- 12:00 - 1:00 PM PILATES EQUIPMENT (\$) - CATHY
- 4:00 - 5:00 PM PILATES EQUIPMENT (\$) - CATHY

### THURSDAY MAY 12

#### YOGA

- 6:30 - 7:30 AM HOT VINYASA FLOW - JACKSON
  - 5:30 - 6:30 PM MELLOW FLOW YOGA - MAURA
- #### MOVEMENT

- 8:30 - 9:30 AM TOTAL BODY SCULPT / TRX - JESSICA SUB
  - 12:00 - 1:00 PM PILATES MAT - CATHY
  - 5:30 - 6:30 PM BARRE - TARA SUBBING
- #### STUDIO M

- 12:00 PM - 1:00 PM BOOTCAMP - MIKE

#### PILATES

- 8:00 - 9:00 AM PILATES EQUIPMENT (\$) - KATIE SUBBING
- 12:00 - 1:00 PM PILATES EQUIPMENT (\$) - DEB
- 4:00 - 5:00 PM PILATES EQUIPMENT (\$) - CATHY
- 5:00 - 6:00 PM ADV. CLASSIC FLOW EQMT (\$) - CATHY

### FRIDAY MAY 13

#### YOGA

- 8:00 - 9:00 AM VINYASA FLOW YOGA - JOE JOE
- 12:00 - 12:40 PM - BEGINNER YOGA - FELICIA
- 4:00 - 5:00 PM - SOUND BOWL - KAYLA

#### MOVEMENT

- 6:00 - 7:00 AM MASTER'S SWIM - JOSIAH
  - 8:30 - 9:30 AM CHISEL - JESSICA SUBBING
  - 12:00 - 1:00 PM BARRE - JESSICA SUBBING
- #### PILATES

- 8:00 - 9:00 AM BEGINNER PILATES EQUIP (FREE) KATIE
- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - KATIE

# ATHLETIC CLUB AT THE WESTIN

# CLASS SCHEDULE May 9 – May 15

- 10:00 – 11:00 AM PILATES EQUIPMENT (\$) – KATIE
- 12:00 – 1:00 PM PILATES EQUIPMENT (\$)– KIM
- 4:00 – 5:00 PM JUMPBOARD (\$) – CHAD

## SATURDAY MAY 14

### YOGA

■ 8:00 – 9:00 AM – VINYASA FLOW – FELICIA

■ 10:15–11:30 AM AERIAL YOGA – JOE JOE

### PILATES

■ 9:00 – 10:00 AM PILATES EQUIPMENT (\$)–CHAD

■ 5:00 – 6:00 PM PIL. EQUIPMENT (\$) – CATHY

- 10:00 – 11:00 AM PILATES EQUIPMENT (\$)–CHAD

## SUNDAY MAY 15

### YOGA

■ 8:30 – 9:45 AM BHAKTI FLOW – JOE JOE

■ 5:30 – 6:30 PM MELLOW FLOW YOGA – MAURA

### PILATES

■ 9:00 – 10:00 AM PILATES EQUIPMENT (\$)– DEB SUBBING

■ 10:00 – 11:00 AM PILATES EQUIPMENT (\$)– DEB SUBBING

## PRICING GUIDE

	Gym / Pool Facilities	Classes	Specialized Classes (\$)
Members / Owners	Included in membership	Included	\$20
Resort Guest	Included	\$20	\$20
Daily Drop -In	\$75	1 class included with day pass	1 class included with day pass
Spa Guest	Included	\$20	\$20

## YOGA

**AERIAL YOGA:** Aerial Yoga uses suspension yoga training to deepen your practice and ease into postures. The hammock is used to deepen stretches without compressing the spine.

**BEGINNER YOGA:** Whether you're a beginner or regular practitioner, feel comfortable joining in this practice to release tight areas, and increase flexibility and range of motion. This 40-minute yoga class will offer detailed instructions on posture principles for healthy alignment with simple exercises and movement. This class is particularly welcoming to anyone new to the practice!

**BHAKTI FLOW:** Bhakti (meaning Love and Devotion) Flow combines the chanting of universal mantras with the grace of vinyasa flow yoga. Expect many different postures woven into a sequence with ujjayi breathing and mindful alignment.

**FLOW & RESTORE YOGA:** This is a gracefully sequenced class blending fluid movements, strength building and calming effects. Poses are rooted in awakening the breath and body.

**HATHA YOGA:** In this class, full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists and backbends.

**HOT VINYASA FLOW YOGA:** In this class, use muscle engagement and long pose holds for strength and flexibility. Studio temperature creates conditions for optimal sweat.

**MELT:** The MELT Method® (MELT®) is a treatment using a soft Melt roller and ball to reduce the effects of accumulated tension and stress caused by daily living.

**YIN YOGA:** Yin yoga is a slower form of yoga that targets the deep connective tissues, joints, and bones. Poses are held for a longer period of time with props to assist in comfort.

## MOVEMENT

**BARRE:** Barre isolates the major muscles of the body for a deep, strengthening burn. Enjoy the lengthening, toning effects of ballet and Pilates combined into this class.

**CORE CHISEL:** This class focuses on endurance weight lifting. Each major muscle group, especially core, will be effectively toned and trained for a full body resistance training workout.

**HIIT TABATA:** This class uses equipment such as dumbbells and kettlebells for a maximum calorie burn and High Intensity Interval Training (HIIT) workout.

**KNOCKOUT WORKOUT:** Learn kickboxing skills in this class (abs, jabs, and more) alternated with strengthening exercises to build lean muscle. *No previous experience required.*

**MASTER'S SWIM:** This advanced swim workout is led by World Champion triathlete Josiah Middaugh. Workouts are 3500 – 4200 yds in duration and incorporate minimal coaching.

**TOTAL BODY SCULPT:** Exercise all muscle groups with a variety of strengthening and conditioning movements incorporating props like hand weights, resistance bands and your own body.

**STRENGTH & CONDITIONING:** This total-body workout uses body weight and dumbbells to strengthen muscles, improve functional mobility and endurance.

## BOOT CAMP

**BOOT CAMP:** Taking place in the newly remodeled Studio M, Bootcamp will take a balanced approach of strength, power, cardio and flexibility using the Skillrun Treadmill, a personal bench and weight station. Coached by our ACW trainers, this class is designed for all ages and levels of fitness to give you a workout like no other. Limited to 8 participants.

## PILATES

**ALL CLASS PARTICIPANTS MUST HAVE PILATES EQUIPMENT EXPERIENCE AND/OR TAKE 2 BEGINNER CLASSES BEFORE JOINING THESE CLASSES.**

**ADDITIONAL COSTS MAY APPLY.**

**PILATES EQUIPMENT:** *Previous experience required.* This class utilizes the Pilates Reformers and Chairs for a full-body, strengthening and lengthening workout.

**PILATES JUMP BOARD:** Pilates Jump board is a fast-paced Reformer workout that builds and tones your body. The class puts emphasis on staying in constant motion from start to finish.

**PILATES CHAIR:** This Pilates class utilizes chairs for a full-body workout. The choreographed routine of challenging movements will strengthen, stretch and lengthen your body.