

# ATHLETIC CLUB AT THE WESTIN

# CLASS SCHEDULE August 1 - 7, 2022

## STUDIO COLOR KEY

- MOVEMENT STUDIO ■ YOGA STUDIO ■ PILATES STUDIO ■ OUTDOOR EVENT ■ STUDIO M ■ RIVERSIDE BALLROOM  
Yellow Highlighted classes are new or special events | Green classes take place on the Westin lawn.

### MONDAY AUGUST 1

#### YOGA

- 8:00 - 9:00 AM VINYASA FLOW - VICKI
- 12:00 - 1:00 PM THERAPEUTICS - MARIEL (GST INST)
- 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 AM TOTAL BODY - NATHALIE
- 12:00 - 1:00 PM BARRE - NATHALIE

- 5:30 - 6:30 PM HIIT - CHRISTY LAWN

#### PILATES

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

### TUESDAY AUGUST 2

#### YOGA

- 6:30 - 7:30 AM HOT VINYASA FLOW - SHANNON
- 12:00 - 1:00 PM VIN YIN YOGA - LINDSAY
- 5:30 - 6:30 PM MELLOW FLOW YOGA - VICKI

#### MOVEMENT

- 8:30 - 9:30 AM CHISEL - NATHALIE
- 5:30 - 6:30 PM BARRE - TARA

#### STUDIO M

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

#### PILATES

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

### WEDNESDAY AUGUST 3

#### YOGA

- 8:00 - 9:00 AM - VINYASA FLOW - LINDSAY
- 12:00 - 1:00 PM - BEGINNER YOGA - FELICIA
- 4:00 - 5:00 PM - FLOW & RESTORE YOGA - TARA

#### MOVEMENT

- 6:00 - 7:00 AM MASTER'S SWIM - JOSIAH
- 6:30 - 7:30 PM HIIT - HEIDI
- 12:00 - 1:00 PM BARRE - NATHALIE
- 5:30 - 6:30 PM HIIT - CHRISTY

### THURSDAY AUGUST 4

#### YOGA

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

#### MOVEMENT

- 8:30 - 9:30 PM TRX/TOTAL BODY - NATHALIE
- 12:00 - 1:00 PM PILATES MAT - CATHY
- 5:30 - 6:30 PM BARRE - MARINA

#### STUDIO M

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

#### PILATES

- 12:00 - 1:00 PM PILATES EQUIPMENT (\$) - DEB
- 4:00 - 5:00 PM PILATES EQUIPMENT (\$) - CATHY
- 5:00 - 6:00 PM PILATES EQUIPMENT (\$) - CATHY

### FRIDAY AUGUST 5

#### YOGA

- 8:00 - 9:00 AM VINYASA FLOW YOGA - JOE JOE
- 12:00 - 1:00 PM - BEGINNER YOGA - FELICIA

#### MOVEMENT

- 6:00 - 7:00 AM MASTER'S SWIM - JOSIAH
- 8:30 - 9:30 AM CHISEL - NATHALIE
- 12:00 - 1:00 PM BARRE - NATHALIE

#### PILATES

- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - KATIE
- 10:00 - 11:00 AM PILATES EQUIPMENT (\$) - KATIE
- 12:00 - 1:00 PM PILATES EQUIPMENT (\$) - KIM

### SATURDAY AUGUST 6

#### YOGA

- 8:00 - 9:00 AM - VINYASA FLOW - FELICIA
- 10:15 - 11:30 AM - AERIAL YOGA - JOE JOE

#### MOVEMENT

- 9:00 - 10:00 AM BARRE - NATHALIE

#### PILATES

- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - DEB
- 10:00 - 11:00 AM PILATES EQUIPMENT (\$) - DEB

### SUNDAY AUGUST 7

#### YOGA

- 8:30 - 9:45 AM BHAKTI FLOW - JOE JOE LAWN
- 5:30 - 6:30 PM MELLOW FLOW YOGA - MAURA

#### PILATES

- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - ADRYEN
- 10:00 - 11:00 AM PILATES EQUIPMENT (\$) - ADRYEN

| P R I C I N G   G U I D E |                        |                                |                                |
|---------------------------|------------------------|--------------------------------|--------------------------------|
|                           | Gym / Pool Facilities  | Classes                        | Pilates Equipment Class        |
| Members                   | Included in membership | Included                       | \$20                           |
| Resort Guest/Villa Owners | 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.

**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.