

# ATHLETIC CLUB AT THE WESTIN

# CLASS SCHEDULE September 19-25, 2022

## STUDIO COLOR KEY

■ MOVEMENT STUDIO ■ YOGA STUDIO ■ PILATES STUDIO ■ OUTDOOR EVENT ■ STUDIO M

Yellow Highlighted classes are new or special events

### MONDAY SEPTEMBER 19

#### YOGA

- 8:00 – 9:00 AM VINYASA FLOW – VICKI
- 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
- 6:30 – 7:30 AM HIIT – BLAKE
- 8:30 – 9:30 AM TOTAL BODY – JESSICA
- 12:00 – 1:00 PM BARRE – JESSICA
- 5:30 – 6:30 PM HIIT – MIKE

#### STUDIO M

- 12:00 – 1:00 PM BOOTCAMP – BLAKE

#### PILATES

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

### TUESDAY SEPTEMBER 20

#### YOGA

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

#### MOVEMENT

- 8:30 – 9:30 AM CHISEL – JESSICA
- 5:30 – 6:30 PM BARRE – MARINA

#### 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 (\$) – CATHY

### WEDNESDAY SEPTEMBER 21

#### 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 AM HIIT – HEIDI
- 12:00 – 1:00 PM BARRE – NATHALIE
- 5:30 – 6:30 PM HIIT – CHRISTY

#### STUDIO M

- 12:00 – 1:00 PM BOOTCAMP – BLAKE

#### PILATES

- 12:00 – 1:00 PM PILATES EQUIPMENT (\$) – KIM

### THURSDAY SEPTEMBER 22

#### YOGA

- 6:30 – 7:30 AM HOT VINYASA FLOW – JACKSON
- 8:00 – 9:00 AM BILINGUAL BEGINNER YOGA – ELENA
- 5:30 – 6:45 PM FALL EQUINOX YOGA – MAURA

#### MOVEMENT

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

#### 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

### FRIDAY SEPTEMBER 23

#### YOGA

- 6:30 – 7:30 AM – HOT VINYASA FLOW – ELENA
- 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 SEPTEMBER 24

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

### SUNDAY SEPTEMBER 25

#### 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 (\$) – 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.

**VINYASA FLOW YOGA:** Fluid practice linking breath with movement. Varied pace depending on class. (Beginner – Hot)

**THERAPEUTICS:** Self recovery, and accessible to all bodies. This class will incorporate gentle strength and stretch accompanied by myofascial release using MELT foam rollers and other props.

**YOGA SCULPT:** Vinyasa flow yoga, resistance training, and cardio interval training. Intensified yoga poses and some strength postures.

**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.

**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.

**TOTAL BODY SCULPT:** Exercise all muscle groups with a variety of strength and conditioning movements, uses body weight, hand weights, and resistance bands.

**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.

## 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.