

ATHLETIC CLUB AT THE WESTIN

CLASS SCHEDULE Sept 26 – Oct 2, 2022

STUDIO COLOR KEY

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

Yellow Highlighted classes are new or special events

MONDAY SEPTEMBER 26

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 – NATHALIE

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 27

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 – 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 28

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 – WORKOUT POSTED
- 6:30 – 7:30 AM HIIT – BLAKE
- 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 29

YOGA

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

STUDIO M

- 12:00 – 1:00 PM BOOTCAMP – BLAKE

PILATES

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

FRIDAY SEPTEMBER 30

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
- 5:00 – 6:00 PM – SOUND BOWL AERIAL – KAYLA

MOVEMENT

- 6:00 – 7:00 AM MASTER'S SWIM – WORKOUT POSTED
- 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 OCTOBER 1

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 OCTOBER 2

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.