

# THIS WEEK February 5 - 11


ATHLETIC CLUB  
AT THE WESTIN




## MONDAY

|  |                   |         |
|--|-------------------|---------|
| 6:00 am  | MASTER'S SWIM     | Josiah  |
| 8:00 am  | VINYASA FLOW      | Lindsay |
| 9:00 am  | PIL. EQUIP (\$)   | Cathy   |
|  12:00 pm | TEAMBEATS KICKOFF | Nina    |
| 12:00 pm   | PIL. EQUIP (\$).  | Cathy   |
| 12:00 pm   | VINYASA FLOW      | Heather |
| 12:00 pm   | BARRE             | Jessica |
| 4:00 pm  | FLOW & RESTORE    | Tara    |
| 4:00 pm  | PIL. EQUIP (\$).  | Cathy   |
| 5:30 pm  | HIIT              | Gil     |
| 5:30 pm  | YOGA SCULPT       | Tara    |

## TUESDAY

|   |                   |         |
|---|-------------------|---------|
| 6:30am  | HOT VINYASA       | Shannon |
| 8:30 am   | CHISEL            | Carrie  |
|  9:00 am | PIL. EQUIP (\$).  | Cathy   |
| 12:00 pm  | TEAMBEATS KICKOFF | Tanner  |
| 12:00 pm  | PIL. EQUIP (\$)   | Deb     |
| 12:00 pm  | VIN YIN           | Jenny   |
| 12:00 pm  | PILATES MAT       | Cathy   |
| 4:00 pm   | PIL. EQUIP (\$)   | Cathy   |
| 5:30 pm   | BARRE             | Nina    |
| 5:30 pm   | VINYASA FLOW      | Vicki   |

## WEDNESDAY

|   |                   |          |
|---|-------------------|----------|
| 6:00 am   | MASTER'S SWIM     | Josiah   |
| 6:30 am   | HIIT              | Heidi    |
| 8:00 am   | VINYASA FLOW      | Felicia  |
|  12:00 pm | TEAMBEATS KICKOFF | Mike     |
| 12:00 pm  | BARRE             | Nathalie |
| 12:00 pm  | GENTLE YOGA       | Felicia  |
| 12:00 pm  | PIL. EQUIP(\$)    | Kim      |
| 4:00 pm   | FLOW & RESTORE    | Tara     |
| 5:30 pm   | HIIT              | Nina     |

## THURSDAY

|   |                   |          |
|---|-------------------|----------|
| 6:30 am   | HOT VINYASA       | Jackson  |
| 8:30 am   | TOTAL BODY        | Nathalie |
| 9:00 am   | PIL. EQUIP (\$)   | Missy    |
|  12:00 pm | TEAMBEATS KICKOFF | Tam      |

|          |                |          |
|----------|----------------|----------|
| 12:00 pm | PIL. EQUIP(\$) | Deb      |
| 12:00 pm | VINYASA        | Jenny    |
| 5:30 pm  | MELLOW FLOW    | Maura    |
| 5:30 pm  | BARRE          | Samantha |

## FRIDAY

|          |                     |          |
|----------|---------------------|----------|
| 6:00 am  | MASTER'S SWIM       | Josiah   |
| 6:30 am  | STRENGTH AND COND'G | Suzie    |
| 8:00 am  | VINYASA FLOW        | Kait     |
| 8:30 am  | CHISEL              | Nathalie |
| 9:00 am  | PIL. EQUIP (\$)     | Katie    |
| 10:00 am | PIL. EQUIP (\$)     | Katie    |
| 12:00 pm | POWER FLOW          | Felicia  |
| 12:00 pm | PIL. EQUIP (\$)     | Kim      |

 12:00 pm TEAMBEATS KICKOFF Nina

## SATURDAY

|          |                        |          |
|----------|------------------------|----------|
| 8:00 am  | HATHA YOGA             | Nicola   |
| 9:00 am  | HIIT / BARRE           | Nathalie |
| 9:00 am  | PIL. EQUIP BASICS (\$) | Adryen   |
| 10:00 am | PIL. EQUIP (\$)        | Adryen   |
| 10:15 am | AERIAL YOGA            | Joe Joe  |

## SUNDAY

|          |                        |           |
|----------|------------------------|-----------|
| 8:30 am  | BHAKTI FLOW            | Joe Joe   |
| 9:00 am  | PIL. EQUIP BASICS (\$) | Adryen    |
| 10:00 am | PIL. EQUIP (\$)        | Adryen    |
| 5:30 pm  | MELLOW FLOW            | Stephanie |

Blue classes are special events

Green classes are hosted outside

Yellow classes are new



TEAMBEATS Class

# PRICING & CLASS DESCRIPTIONS

## PRICING GUIDE

|  | Gym / Pool Facilities | Classes  | Pilates Equipment Class                       |
|--|-----------------------|--|---|
| Members  | Included              | Included                                       | \$35  |
| Resort Guest / Villa Owner                               | Included              | \$20   | \$35  |
| Day + Week Pass  | Price Varies          | 1 class / day<br>(Exception Pilates Equipment) | \$35 (in addition to the day/week pass price) |
| Spa Guest  | Included              | \$20   | \$35  |
| Pilates Equipment Package<br>(available only to members) |                       |  | \$160 for 12 classes per month                |

### 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 (Love and Devotion) Flow combines the chanting of universal mantras with the grace of vinyasa flow yoga. Expect postures woven into a sequence with ujjayi breathing and mindful alignment.

**FLOW & RESTORE YOGA:** This class blends fluid movements, strength building and calming effects. Poses rooted in awakening the breath and body.

**HATHA YOGA:** Align yoga postures with your Pranayama (breathing) in this slower paced class. Hands on assists from instructor provided to aid alignment.

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

**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.

Download the Technogym

App or code: **AC392902**



### STUDIO M

**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.

**WINTER SPORTS CONDITIONING:** Ski prep for the pow. Incorporates strength and cardio style circuit workouts designed to get you ski and snowboard ready.

### 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.

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