

THIS WEEK

Nov 20 – 26

ATHLETIC CLUB
AT THE WESTIN



MONDAY

6:00 am	MASTER'S SWIM	Josiah
8:00 am	VINYASA FLOW	Vicki
8:30 am	TOTAL BODY	Suzie
9:00 am	PIL. EQUIP (\$)	Cathy
12:00 pm	WINTER SPORT COND'G	Mike
12:00 pm	VINYASA FLOW	Felicia
12:00 pm	PIL. EQUIP (\$).	Cathy
4:00 pm	PIL. EQUIP (\$).	Cathy
4:00pm	FLOW & RESTORE	Vicki
5:30pm	YOGA SCULPT	Vicki
5:30 pm	WINTER SPORT COND'G	Gil

TUESDAY

6:30am	HOT VINYASA	Shannon
8:30 am	CORE CHISEL	Tara
9:00 am	PIL. EQUIP (\$).	Cathy
12:00 pm	PIL. EQUIP (\$)	Michele
12:00 pm	VIN YIN	Jenny
12:00 pm	PILATES MAT	Cathy
4:00 pm	PIL. EQUIP (\$)	Cathy
5:30 pm	BARRE	Jenny
5:30 pm	VINYASA FLOW	Vicki

WEDNESDAY

6:00 am	MASTER'S SWIM	Josiah
8:00 am	VINYASA FLOW	Felicia
12:00 pm	WINTER SPORT COND'G	Mike
12:00 pm	GENTLE YOGA	Felicia
12:00 pm	PIL. EQUIP(\$)	Kim
4:00 pm	FLOW & RESTORE	Tara

THURSDAY (Thanksgiving Day)

8:00 am	GRATITUDE YOGA	Monstone
9:00 am	TURKEY BURNER	Carrie
9:00 am	PIL EQUIP (\$)	Jennifer

Blue classes are special events
Green classes are hosted outside
Yellow classes are new

FRIDAY

6:00 am	MASTER'S SWIM	Josiah
7:00 am	WINTER SPORTS CON'G	Nina
8:00 am	VINYASA FLOW	Kait
9:00 am	PIL. EQUIP (\$)	Katie
10:00 am	PIL. EQUIP (\$)	Katie
12:00 pm	POWER FLOW	Felicia
12:00 pm	PIL. EQUIP (\$)	Katie
12:00 pm	WINTER SPORTS CON'G	Nina

SATURDAY

8:00 am	HATHA YOGA	Nicola
9:00 am	PIL. EQUIP (\$)	Cathy
9:30am	YIN & RESTORE YOGA	MORGAN
10:00 am	PIL. EQUIP (\$)	Cathy
10:15 am	AERIAL YOGA	Joe Joe

SUNDAY

8:30 am	BHAKTI FLOW	Rachel
9:00 am	PIL. EQUIP (\$)	Cathy
10:00 am	PIL. EQUIP (\$)	Cathy
5:30 pm	MELLOW FLOW	Maura

PRICING & CLASS DESCRIPTIONS

PRICING GUIDE

	Gym / Pool Facilities	Classes	Pilates Equipment Class
Members	Included	Included	\$20
Resort Guest / Villa Owner	Included	\$20	\$20
Day + Week Pass	Price Varies	1 class / day (Exception Pilates Equipment)	1 class / day (Exception Pilates Equipment)
Spa Guest	Included	\$20	\$20
Pilates Equipment Package (available only to members)			\$100 for 20 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.

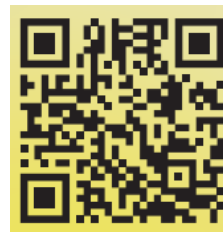
CHISEL: This class focuses on endurance weight lifting. Each major muscle group, especially core, will be effectively toned and trained for a full body resistance training workout.

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.

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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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