

June 30 To July 6

ATHLETIC CLUB
AT THE WESTIN



MONDAY

6:00 am	MASTER'S SWIM	Josiah
8:30 am	POWER FLOW	Ashley
8:30 am	ABC	Jessica D
9:00 am	PIL. EQUIP (\$)	Nina
12:00 pm	PIL. EQUIP (\$)	Nina
12:00 pm	HATHA FLOW	Vicki
4:00 pm	FLOW & RESTORE	Tara
5:00 pm	MONDAY MEDITATION	Ashley
5:30 pm	YOGA SCULPT	Tara
5:30 pm	AERIEL YOGA	Morgan

TUESDAY

6:30am	HOT VINYASA	Shannon
6:30 am	STRENGTH & COND'G	Suzie
8:30 am	CHISEL	Nathalie
12:00 pm	PIL. EQUIP (\$)	Deb
12:00 pm	MELT & FLOW	Rachel
4:00 pm	TOTAL BODY	Tara
5:30 pm	KICKBOXING	Alex
5:30 pm	VINYASA FLOW	Tara

WEDNESDAY

6:00 am	MASTER'S SWIM	Josiah
6:30 am	HIIT	Heidi
7:30 am	VINYASA	Tara
8:00 am	PIL. EQUIP BASICS (\$)	Nina
8:30 am	STRENGTH & COND'G	Genna
9:00 am	PIL. EQUIP (\$)	Nina
10:00 am	PILATES MAT	Nina
12:00 pm	ENDURO MAX	Genna
12:00 pm	BARRE	Nathalie
12:00 pm	VINYASA FLOW	Tara
12:00 pm	PIL. EQUIP (\$)	Kim
4:00 pm	FLOW & RESTORE	Tara
5:30 pm	HIIT	Carrie

THURSDAY

6:30 am	HOT VINYASA	Jackson
6:30 am	STRENGTH & COND'G	Suzie
9:30am	FREEDOM FLOW VINYASA	Chelsea
10:00 am	PIL. EQUIP(\$)	Missy

AVON ANNUAL SALUTE TO THE USA

Afternoon classes cancelled

Parking Unavailable after 1:30p

FRIDAY

HAPPY 4th OF JULY!

6:00 am	MASTER'S SWIM	Josiah
6:30 am	HOT VINYASA	Gabrie
8:30am	HIIT	Lisa
9:00 am	PIL. EQUIP (\$)	Katie
10:00 am	PIL. EQUIP (\$)	Katie

Afternoon classes cancelled

SATURDAY

8:00 am	HATHA YOGA	Nicola
9:00 am	HIIT / BARRE	Nathalie
9:00 am	ENDURO MAX	Carrie
9:00 am	PIL. EQUIP (\$)	Katie
10:00 am	PIL. EQUIP (\$)	Katie
10:30 am	AERIAL YOGA	Morgan

SUNDAY

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

Blue classes are special events

Green classes are Outside

Yellow classes are new



TEAMBEATS Class

PRICING & CLASS DESCRIPTIONS

16+	Gym / Pool Facilities	Classes	Pilates Equipment Class
Members	Included	Included	\$35
Resort Guest / Villa Owner	Included	\$20	\$35
Spa Guest	Included	Included	\$35
Hours of Operation	5:30 AM – 10 PM Daily	Quiet Hours	9 PM – 8 AM Daily

YOGA

AERIAL YOGA: Class has extra 15 minute set up time, the yoga practice is 60 minutes long, for a 75-minute class total. Aerial Yoga uses suspension yoga training to deepen your practice and ease into postures without spinal compression.

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.

MELT & FLOW YOGA: A unique blend of MELT and flow designed to release tension, rehydrate connective tissue, and restore balance. This holistic practice is perfect for easing pain, improving flexibility, and cultivating deep relaxation.

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

ABC: Arms, Booty, Core is an energetic workout class designed to sculpt and strengthen your abdominal muscles, lift and tone your booty, and enhance overall core stability.

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.

CARDIO KICKBOXING: This full-body workout combines martial arts-inspired moves with fast-paced cardio to help you burn calories, build strength, and improve coordination. Whether you're a beginner or a seasoned athlete, this class is designed to be fun, empowering, and effective. **Limited to 12 participants.**

STUDIO M

ENDURO MAX: Taking place in the newly remodeled Studio M, Enduro 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. **Limited to 5 participants.**

Download the Technogym

App or code: **AC392902**



ATHLETIC CLUB
AT THE WESTIN

126 Riverfront Lane | Avon, Colorado
AthleticClubWestin.com | 970.790.2051