

# January 20 to January 26

ATHLETIC CLUB  
AT THE WESTIN



## MONDAY

6:00 am	MASTER'S SWIM	Josiah
8:00 am	VINYASA FLOW	Vicki
<b>8:30 am</b>	<b>ABC</b>	<b>Jessica D</b>
9:00 am	PIL. EQUIP (\$)	<b>Allie</b>
12:00 pm	HATHA FLOW	Heather
<b>12:00 pm</b>	<b>CARDIO KICKBOXING</b>	<b>Alex</b>
4:00 pm	FLOW & RESTORE	Vicki
4:00 pm	PIL. EQUIP (\$).	<b>Missy</b>
5:30 pm	YOGA SCULPT	Vicki

## TUESDAY

6:30am	HOT VINYASA	Shannon
<b>6:30 am</b>	<b>STRENGTH AND COND'G</b>	<b>Suzie</b>
8:30 am	CHISEL	Nathalie
9:00 am	PIL. EQUIP (\$).	<b>Allie</b>
12:00 pm	PIL. EQUIP (\$)	Deb
12:00 pm	PILATES MAT	<b>Allie</b>
<b>12:00 pm</b>	<b>ENDURO MAX</b>	<b>Carrie</b>
5:30 pm	BARRE	Marina
5:30 pm	VINYASA FLOW	Vicki

## WEDNESDAY

6:00 am	MASTER'S SWIM	Josiah
<b>6:30 am</b>	<b>HIIT</b>	<b>Heidi</b>
8:00am	VINYASA	Jessica B
9:00 am	PIL. EQUIP (\$)	Allie
<b>12:00 pm</b>	<b>ENDURO MAX</b>	<b>Genna</b>
12:00 pm	BARRE	Nathalie
12:00 pm	VINYASA FLOW	Laura
12:00 pm	PIL. EQUIP (\$)	Kim
4:00 pm	FLOW & RESTORE	Tara

## THURSDAY

6:30 am	HOT VINYASA	Jackson
<b>6:30 am</b>	<b>STRENGTH AND COND'G</b>	<b>Suzie</b>
8:30 am	TOTAL BODY	Nathalie
<b>9:00 am</b>	<b>PILATES MAT (yoga)</b>	<b>Allie</b>
<b>10:00 am</b>	<b>PIL. EQUIP (\$)</b>	<b>Missy</b>
<b>12:00 pm</b>	<b>CARDIO KICKBOXING</b>	<b>Alex</b>
12:00 pm	PIL. EQUIP(\$)	Deb
12:00 pm	VINYASA FLOW	Jen
<b>12:00 pm</b>	<b>ENDURO MAX</b>	<b>Genna</b>
<b>5:30 pm</b>	<b>Moves &amp; Grooves</b>	<b>Shannon</b>

## FRIDAY

6:00 am	MASTER'S SWIM	Josiah
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	PIL. EQUIP (\$)	Kim
12:00 pm	POWER FLOW	Rachel D
<b>12:00 pm</b>	<b>ENDURO MAX</b>	<b>Nathalie</b>

## SATURDAY

8:00 am	HATHA YOGA	Nicola
9:00 am	HIIT / BARRE	Nathalie
9:00 am	PIL. EQUIP BASICS (\$)	Deb
10:00 am	PIL. EQUIP (\$)	Deb

## SUNDAY

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

Blue classes are special events

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**



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