

July 7th -
13th

ATHLETIC CLUB AT THE WESTIN



MONDAY

6:00 am	MASTER'S SWIM	Josiah
8:30 am	POWER FLOW	Ashley R
8:30 am	ABC	Jessica D
9:00 am	PIL. EQUIP (\$)	Sarah T
12:00 pm	PIL. EQUIP (\$)	Sarah T
12:00 pm	HATHA FLOW	Heather
4:00 pm	FLOW & RESTORE	Tara
5:00 pm	MEDITATION	Diana
5:30 pm	YOGA SCULPT	Tara
5:30 pm	AERIAL YOGA	Morgan

TUESDAY

6:30am	HOT VINYASA	Shannon
6:30 am	STRENGTH & COND'G	Suzie
8:30 am	CHISEL	Nathalie
9:00 am	PILATES EQUIP (\$)	Sarah T
10:00 am	PIL. EQUIP (\$).	Jen O
12:00 pm	PIL. EQUIP (\$)	Deb
12:00 pm	MELT & FLOW	Rachel G
12:00 pm	PILATES MAT	Jen O
4:00 pm	TOTAL BODY	Tara
4:00 pm	PILATES EQUIP (\$)	Sarah T
5:30 pm	KICKBOXING	Alex
5:30 pm	VINYASA FLOW	Tara

WEDNESDAY

6:00 am	MASTER'S SWIM	Josiah
6:30 am	HIIT - Last Class	Heidi
7:30 am	VINYASA	Diana
8:00 am	PIL. EQUIP (\$)	Sarah T
8:30 am	STRENGTH & COND'G	Genna
9:00 am	PIL. EQUIP (\$)	Sarah T
10:00 am	PIL. MAT	Sarah T
12:00 pm	BARRE	Nathalie
12:00 pm	ENDURO MAX	Genna
12:00 pm	VINYASA FLOW	Tara
12:00 pm	PIL. EQUIP (\$)	Kim
1:00 pm	PIL. EQUIP (\$)	Sarah T

THURSDAY

6:30 am	HOT VINYASA	Jackson
6:30 am	STRENGTH & COND'G	Carrie
8:30 am	TOTAL BODY	Nathalie
9:00 am	PIL. EQUIP (\$)	Sarah T
10:00 am	PILATES MAT	Jen O
10:00 am	PIL. EQUIP (\$)	Missy
12:00 pm	PIL. EQUIP (\$)	Deb
12:00 pm	VINYASA FLOW	Jen H
12:00 pm	ENDURO MAX	Genna
3:30 pm	SOLAR FLOW	Chelsea
5:30 pm	BARRE	Samantha

FRIDAY

6:00 am	MASTER'S SWIM	Josiah
6:30 am	HOT VINYASA	Gabrie
8:00 am	VINYASA FLOW	Kait
8:00 am	PIL. EQUIP (\$)	Sarah T
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	Diana
12:00 pm	ENDURO MAX	Genna

SATURDAY

8:00 am	HATHA YOGA	Nicola
9:00 am	HIIT / BARRE	Nathalie
9:00 am	INTRO TO BARBELL	Victoria
9:00 am	PIL. EQUIP BASICS (\$)	Adryen
9:30 am	MELT	Sofia
10:00 am	PIL. EQUIP (\$)	Adryen
10:30 am	AERIAL YOGA	Morgan

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	Gabrie

Blue classes are special events

Green Lawn - Outdoor

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

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