

THIS WEEK

May 29 –
June 4

ATHLETIC CLUB
AT THE WESTIN



MONDAY

| | | |
|----------|------------------|---------|
| 6:00 am | MASTER'S SWIM | Josiah |
| 6:30 am | HIIT | Carrie |
| 8:00 am | VINYASA FLOW | Vicki |
| 8:30 am | TOTAL BODY | Jessica |
| 9:00 am | PIL. EQUIP (\$) | Cathy |
| 12:00 pm | BOOT CAMP | Mike |
| 12:00 pm | BARRE | Jessica |
| 4:00 pm | FLOW & RESTORE | Tara |
| 4:00 pm | PIL. EQUIP (\$). | Cathy |
| 5:00 pm | PIL. EQUIP (\$). | Cathy |
| 5:30 pm | HIIT | Mike |
| 5:30 pm | YOGA SCULPT | Tara |

TUESDAY

| | | |
|----------|------------------|----------|
| 6:30am | HOT VINYASA | Shannon |
| 8:00 am | PIL. EQUIP (\$) | Cathy |
| 8:30 am | CHISEL | Nathalie |
| 9:00 am | PIL. EQUIP (\$). | Cathy |
| 12:00 pm | PIL. EQUIP (\$) | Michele |
| 12:00 pm | VIN YIN | Jenny |
| 4:00 pm | PIL. EQUIP (\$) | Cathy |
| 5:30 pm | BARRE | Marina |
| 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 | BOOT CAMP | 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 | Gil/ Christy |

THURSDAY

| | | |
|----------|-----------------|----------|
| 6:30 am | HOT VINYASA | Jackson |
| 8:30 am | TOTAL BODY | Nathalie |
| 12:00 pm | BOOT CAMP | Tam |
| 12:00 pm | PIL. EQUIP(\$) | Adryen |
| 12:00 pm | VINYASA | Tracy |
| 12:00 pm | PILATES MAT | Cathy |
| 4:00 pm | PIL. EQUIP (\$) | Cathy |
| 5:30 pm | MELLOW FLOW | Maura |
| 5:30 pm | BARRE | Samantha |

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 | BARRE | Nathalie |
| 12:00 pm | POWER FLOW | Felicia |
| 12:00 pm | PIL. EQUIP (\$) | Kim |
| 4:00 pm | HAPPY HOUR YOGA | Tara |

SATURDAY

| | | |
|----------|-----------------|----------|
| 8:00 am | HATHA YOGA | Nicola |
| 9:00 am | HIIT / BARRE | Nathalie |
| 9:00 am | PIL. EQUIP (\$) | 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 (\$) | Adryen |
| 10:00 am | PIL. EQUIP (\$) | Adryen |
| 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 | 1 class / day |
| 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.

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.

ATHLETIC CLUB
AT THE WESTIN

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

Book on the MyWellness App >

