

November 3rd-9th

ATHLETIC CLUB AT THE WESTIN



MONDAY

6:00 am	MASTER'S SWIM	Josiah
8:00 am	PIL. EQUIP (\$)	Jen O
8:30 am	POWER FLOW	Ashley R
8:30 am	WINTER SPORTS COND'G	Alex
9:00 am	PIL. EQUIP (\$)	Jen O
10:00 am	PILATES MAT	Jen O
12:00 pm	PIL EQUIP (\$)	Kim
12:00 pm	HATHA FLOW	Heather
4:00 pm	FLOW & RESTORE	Tara
5:30 pm	WINTER SPORTS COND'G	Mike
5:30 pm	YOGA SCULPT	Tara

TUESDAY

6:30 am	WINTER SPORTS COND'G	Suzie
6:30 am	HOT YOGA FLOW	Nicola
8:30 am	POWER FLOW	Gabrie
8:30 am	CHISEL	Hilary
10:00 am	PIL. EQUIP (\$).	Jen O
12:00 pm	PIL. EQUIP (\$)	Deb
12:00 pm	MELT & MEDITATION	Rachel G
12:00 pm	PILATES MAT	Jen O
5:30 pm	WINTER SPORTS COND'G	Hilary
5:30 pm	VINYASA FLOW	Hayley

WEDNESDAY

6:00 am	MASTER'S SWIM	Josiah
6:30 am	WINTER SPORTS COND'G	Heidi
7:30 am	VINYASA	Diana
8:00 am	PIL. EQUIP (\$)	Jen O
8:30 am	WINTER SPORTS COND'G	Genna
9:00 am	PIL. EQUIP (\$)	Lindsey
10:00 am	PILATES MAT	Nicole
11:00 am	PIL EQUIP (\$)	Nicole
12:00 pm	BARRE	Julia
12:00 pm	ENDURO MAX	Genna
12:00 pm	VINYASA FLOW	Laura T
12:00 pm	PIL. EQUIP (\$)	Nicole
4:00 pm	FLOW & RESTORE	Tara

THURSDAY

6:30 am	WINTER SPORTS COND'G	Suzie
6:30 am	HOT YOGA FLOW	Nicola
8:30 am	TOTAL BODY	Vicki
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	LET GO- HONOR AUTUMN	Chelsea
5:30 pm	RESTORATIVE	Gabrie
5:30 pm	WINTER SPORTS COND'G	Hilary
7:00 pm	HOT POWER FLOW	Morgan

FRIDAY

6:00 am	MASTER'S SWIM	Josiah
8:00 am	VINYASA FLOW	Kait
8:00 am	PIL. EQUIP (\$)	Nicole
8:30 am	WINTER SPORTS COND'G	Vicki
9:00 am	PIL. EQUIP (\$)	Katie
10:00 am	PILATES MAT	Nicole
10:00 am	PIL. EQUIP (\$)	Katie
11:00 am	PIL. EQUIP (\$)	Nicole
12:00 pm	PIL. EQUIP (\$)	Nicole
12:00 pm	POWER FLOW	Diana
12:00 pm	WINTER SPORTS COND'G	Vicki

SATURDAY

8:00 am	HATHA YOGA	Nicola
9:00 am	BARRE	Jenny
9:00 am	BARBELL TRAINING	Victoria
9:00 am	PIL. EQUIP (\$)	Adryen
10:00 am	KUNDALINI/ ACU	Krystal
10:00 am	PIL. EQUIP (\$)	Adryen
10:30 am	AERIAL YOGA	Beth

SUNDAY

8:30 am	BHAKTI FLOW	Joe Joe
9:00 am	PILATES MAT	Adryen
10:00 am	PIL. EQUIP (\$)	Adryen
5:30 pm	MELLOW FLOW	Maura
5:30 pm	AERIAL YOGA	Morgan

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.

WINTER SPORTS CONDITIONING: Designed to get your legs and body strong for the season ahead. Join in the fun with one of our most popular and seasonal total body classes.

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

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 12 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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