

September 15  
to  
September 21

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  | ABC            | Jessica D |
| 9:00 am  | PIL EQUIP (\$) | Jen O     |
| 10:00 am | PILATES MAT    | Jen O     |
| 12:00 PM | PIL EQUIP (\$) | Nicole    |
| 12:00 pm | HATHA FLOW     | Heather   |
| 1:00 pm  | PIL EQUIP (\$) | Nicole    |
| 4:00 pm  | FLOW & RESTORE | Tara      |
| 5:30 pm  | YOGA SCULPT    | Tara      |

## TUESDAY

|          |                 |          |
|----------|-----------------|----------|
| 6:30am   | HOT VINYASA     | Shannon  |
| 8:30 am  | POWER FLOW      | Gabrie   |
| 8:30 am  | CHISEL          | Nathalie |
| 9:00 am  | PIL. EQUIP (\$) | Lindsey  |
| 10:00 am | PIL EQUIP (\$)  | Jen O    |
| 12:00 pm | PIL. EQUIP (\$) | Deb      |
| 12:00 pm | PIL.ATES MAT    | Jen O    |
| 12:00 pm | MELT & MEDITATE | Rachel G |
| 5:30 pm  | VINYASA FLOW    | Hayley B |

## WEDNESDAY

|          |                     |          |
|----------|---------------------|----------|
| 6:00 am  | MASTER'S SWIM       | Josiah   |
| 6:30 am  | HIIT                | Heidi    |
| 7:30am   | YOGA VINYASA        | Diana    |
| 8:00 am  | PIL. EQUIP (\$)     | Jen O    |
| 8:30 am  | STRENGTH & COND'G   | Genna    |
| 9:00 am  | PILATES MAT         | Abbey    |
| 9:00 am  | PIL. EQUIP (\$)     | Lindsey  |
| 10:00 am | PILATES MAT         | Nicole   |
| 11:00 am | PIL EQUIP (\$)      | Nicole   |
| 12:00 pm | BARRE               | Nathalie |
| 12:00 pm | ENDURO MAX          | Genna    |
| 12:00 pm | VINYASA FLOW        | Laura    |
| 12:00 pm | PIL. EQUIP (\$)     | Kim      |
| 1:00 pm  | PIL. EQUIP (\$)     | Nicole   |
| 4:00 pm  | YOGA FLOW & RESTORE | Tara     |

## THURSDAY

|          |                   |          |
|----------|-------------------|----------|
| 6:30am   | STRENGTH & COND'G | Carrie   |
| 8:30 am  | TOTAL BODY        | Nathalie |
| 10:00 am | PIL. EQUIP (\$)   | Missy    |
| 10:00 am | PIL.ATES MAT      | Jen O    |
| 12:00 pm | PIL. EQUIP(\$)    | Deb      |
| 12:00 pm | VINYASA FLOW      | Jen H    |
| 12:00 pm | ENDURO MAX        | Genna    |
| 5:30 pm  | RESTORATIVE FLOW  | Gabrie   |
| 5:30 pm  | BARRE             | Sam      |

## FRIDAY

|          |                 |          |
|----------|-----------------|----------|
| 6:00 am  | MASTER'S SWIM   | Josiah   |
| 8:00 am  | VINYASA FLOW    | Kait     |
| 8:00 am  | PIL. EQUIP (\$) | Nicole   |
| 8:30 am  | CHISEL          | Nathalie |
| 9:00 am  | PIL. EQUIP (\$) | Katie    |
| 9:30 am  | PILATES MAT     | Nicole   |
| 10:00 am | PIL. EQUIP (\$) | Katie    |
| 11:00 am | PIL. EQUIP (\$) | Nicole   |
| 12:00 pm | VINYASA FLOW    | Diana    |
| 12:00 pm | ENDURO MAX      | Genna    |
| 12:00 pm | PIL. EQUIP (\$) | Kim      |
| 12:00 pm | PILATES MAT     | Nicole   |

## SATURDAY

|          |                     |          |
|----------|---------------------|----------|
| 8:00 am  | HATHA YOGA          | Nicola   |
| 9:00 am  | KETTLEBELL TRAINING | Victoria |
| 9:00 am  | HIIT / BARRE        | Nathalie |
| 9:00 am  | PIL. EQUIP (\$)     | Adryen   |
| 10:00 am | PIL. EQUIP (\$)     | Adryen   |
| 10:30 am | AERIAL YOGA         | Hayley B |

## SUNDAY

|          |                         |          |
|----------|-------------------------|----------|
| 8:30 am  | BHAKTI FLOW             | Joe Joe  |
| 9:00 am  | PILATES MAT             | Adryen   |
| 10:00 am | LITTLE YOGI STORYTIME   | Rachel G |
| 10:00 am | PIL. EQUIP (\$)         | Adryen   |
| 5:30 pm  | KUNDALINI w/ACUPUNCTURE | Krystal  |
| 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.

**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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