

April 14  
To  
April 20


ATHLETIC CLUB  
AT THE WESTIN



## MONDAY

6:00 am	MASTER'S SWIM	Josiah
8:00 am	VINYASA FLOW	Vicki
8:30 am	ABC	Jessica D
9:00 am	PIL. EQUIP (\$) <b>WL</b>	Nina
12:00 pm	INTROFLOW REFORM(\$) <b>WL</b>	Nina
12:00 pm	HATHA FLOW	Heather
4:00 pm	FLOW & RESTORE	Tara
5:30 pm	YOGA SCULPT	Tara
5:30 pm	AERIAL YOGA	Morgan

## TUESDAY

6:30am	HOT VINYASA	Shannon
6:30 am	STRENGTH AND COND'G	Suzie
8:30 am	CHISEL	Nathalie
9:00 am	PIL. EQUIP (\$).	Nina
12:00 pm	PIL. EQUIP (\$) <b>WL</b>	Jen O
12:00 pm	MELT & FLOW	Rachel G
12:00 pm	PILATES MAT	Nina
 12:00 pm	ENDURO MAX	Hillary
4:00 pm	PIL. EQUIP (\$).	Missy
5:30 pm	BARRE	Marina
5:30 pm	VINYASA FLOW	Vicki


Blue classes are special events

**WL = Waitlist**


Yellow classes are new

 **TEAMBEATS Class**

## WEDNESDAY

6:00 am	MASTER'S SWIM	Josiah
6:30 am	HIIT	Heidi
7:30 am	VINYASA	Diana
8:00 am	INTROFLOW REFORM(\$) Nina	
8:30 am	STRENGTH AND COND'G	Genna
9:00 am	PIL. EQUIP (\$)	Nina
10:00 am	PILATES MAT	Nina
 12:00 pm	ENDURO MAX	Genna
12:00 pm	BARRE	Nathalie
12:00 pm	VINYASA FLOW	Laura
12:00 pm	PIL. EQUIP (\$) <b>WL</b>	Kim
4:00 pm	FLOW & RESTORE	Tara
5:30 pm	KICKBOXING	Alex

## THURSDAY

6:30 am	HOT VINYASA	Jackson
6:30 am	STRENGTH AND COND'G	Suzie
8:30 am	<b>POWER FLOW DEMO</b>	Ashley R
8:30 am	TOTAL BODY	Nathalie
10:00 am	PILATES MAT	Nina
10:00 am	PIL. EQUIP (\$)	Missy
12:00 pm	PIL. EQUIP(\$)	Nina
12:00 pm	VINYASA FLOW	Jen
 12:00 pm	ENDURO MAX	Genna
5:30 pm	BARRE	Samantha

## FRIDAY

6:00 am	MASTER'S SWIM	Josiah
6:30 am	<b>HOT VINYASA</b>	Gabrie
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 (\$) <b>WL</b>	Cathy
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	<b>INTRO TO BARBELL</b>	Victoria
9:00 am	INTROFLOW REFORM(\$)	Adryen
10:00 am	PIL. EQUIP (\$)	Adryen
10:30 am	AERIAL YOGA	Morgan

## SUNDAY

8:30 am	BHAKTI FLOW	Joe Joe
9:00 am	INTROFLOW REFORM(\$)	Adryen
10:00 am	PIL. EQUIP (\$)	Adryen
5:30 pm	MELLOW FLOW	Maura

# 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 INTROFLOW 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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