

STUDIO COLOR KEY

■ MOVEMENT STUDIO
 ■ YOGA STUDIO
 ■ PILATES STUDIO
 ■ OUTDOOR EVENT
 ■ MIKAELA'S CORNER
 ■ RIVERSIDE BALLROOM
Yellow Highlighted classes are new or special events | Classes will be filmed and participants must sign photo release - *

MONDAY JANUARY 10

YOGA

- 8:00 – 9:00 AM VINYASA FLOW – VICKI
- 4:00 – 5:00 PM FLOW & RESTORE – TARA
- 5:30 – 6:30 PM YOGA SCULPT – TARA

MOVEMENT

- 6:00 – 7:00 AM MASTER'S SWIM – JOSIAH
- 12:00 – 1:00 PM BARRE – JESSICA
- 5:30 – 6:30 PM WINTER SPORTS CONDITIONING – MIKE

PILATES

- 9:00 – 10:00 AM PILATES EQUIPMENT (\$) – KIM SUBBING
- 12:00 – 1:00 PM PILATES EQUIPMENT (\$) – KIM SUBBING
- 4:00 – 5:00 PM PILATES EQUIPMENT (\$) – CHAD
- 5:00 – 6:00 PM PILATES EQUIPMENT (\$) – CHAD

TUESDAY JANUARY 11

YOGA

- 6:30 – 7:30 AM HOT VINYASA FLOW YOGA – SHANNON
- 12:00 – 1:00 PM VIN YIN YOGA – LINDSAY
- 5:30 – 6:30 PM MELLOW FLOW YOGA – VICKI

MOVEMENT

- 8:30 – 9:30 AM CORE CHISEL – NATHALIE
- 12:00 – 1:00 PM WINTER SPORTS COND'ING – TAM
- 5:30 – 6:30 PM BARRE – TARA

PILATES

- 8:00 – 9:00 AM PILATES EQUIPMENT (\$) – CHAD
- 12:00 – 1:00 PM PILATES EQUIPMENT (\$) – DEB
- 4:00 – 5:00 PM PILATES EQUIPMENT (\$) – KIM
- 5:00 – 6:00 PM ADV. CLASSIC FLOW EQMT (\$) – CATHY

WEDNESDAY JANUARY 12

YOGA

- 8:00 – 9:00 AM VINYASA FLOW – LINDSAY
- 4:00 – 5:00 PM FLOW & RESTORE – TARA
- 5:30 – 6:30 PM YOGA SCULPT – RICHEL

MOVEMENT

- 6:00 – 7:00 AM MASTER'S SWIM – JOSIAH
- 12:00 – 1:00 PM BARRE – NATHALIE

- 5:30 – 6:30 PM WINTER SPORTS COND'ing – CHRISTY

- 9:00 – 10:00 AM PILATES EQUIPMENT (\$) – CATHY
- 12:00 – 1:00 PM PILATES EQUIPMENT (\$) – CATHY
- 4:00 – 5:00 PM PILATES EQUIPMENT (\$) – CATHY
- 5:00 – 6:00 PM PIL. EQUIP. BARRE FUSION (\$) – CATHY

THURSDAY JANUARY 13

YOGA

- 6:30 – 7:30 AM HOT VINYASA FLOW – MOONSTONE
- 12:00 – 1:00 PM PILATES MAT – CATHY
- 5:30 – 6:30 PM MELLOW FLOW YOGA – MAURA

MOVEMENT

- 8:30 – 9:30 AM TOTAL BODY SCULPT / TRX – NATHALIE
- 12:00 – 1:00 PM WINTER SPORTS CONDIT. – MIKE
- 5:30 – 6:30 PM BARRE – MARINA

PILATES

- 8:00 – 9:00 AM PILATES EQUIPMENT (\$) – CHAD
- 12:00 – 1:00 PM PILATES EQUIPMENT (\$) – DEB
- 4:00 – 5:00 PM PILATES EQUIPMENT (\$) – CATHY
- 5:00 – 6:00 PM ADV. CLASSIC FLOW EQMT (\$) – CATHY

FRIDAY JANUARY 14

YOGA

- 8:00 – 9:00 AM VINYASA FLOW YOGA – JOE JOE

MOVEMENT

- 6:00 – 7:00 AM MASTER'S SWIM – JOSIAH
- 6:00 – 7:00 AM WINTER SPORTS CONDITIONING – MIKE
- 8:30 – 9:30 AM CORE CHISEL – NATHALIE
- 12:00 – 1:00 PM BARRE – NATHALIE

PILATES

- 9:00 – 10:00 AM PILATES EQUIPMENT (\$) – KATIE
- 10:00 – 11:00 AM PILATES EQUIPMENT (\$) – KATIE
- 12:00 – 1:00 PM PILATES EQUIPMENT (\$) – CATHY SUBBING
- 4:00 – 5:00 PM JUMPBOARD (\$) – CHAD

SATURDAY JANUARY 15

MOVEMENT

- 9:00 - 10:00 AM CARDIO BARRE - NATHALIE
- 10:15-11:30 AM AERIAL YOGA - JOE JOE

PILATES

- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - CHAD
- 10:00 - 11:00 AM PILATES EQUIPMENT (\$) - CHAD

SUNDAY JANUARY 16

YOGA

- 8:30 - 9:45 AM BHAKTI FLOW - JOE JOE
- 5:30 - 6:30 PM RESTORATIVE YOGA - TARA

PILATES

- 9:00 - 10:00 AM PILATES EQUIPMENT (\$) - CATHY SUBBING
- 10:00 - 11:00 AM PILATES EQUIPMENT (\$) - CATHY SUBBING

PRICING GUIDE

	Gym / Pool Facilities	Classes	Specialized Classes (\$)
Members / Owners	Included in membership	Included	\$20
Resort Guest	Included	\$20	\$20
Daily Drop -In	\$50	1 class included with day pass	1 class included with day pass
Spa Guest	Included	\$20	\$20

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 (meaning Love and Devotion) Flow combines the chanting of universal mantras with the grace of vinyasa flow yoga. Expect many different postures woven into a sequence with ujjayi breathing and mindful alignment.

FLOW & RESTORE YOGA: This is a gracefully sequenced class blending fluid movements, strength building and calming effects. Poses are rooted in awakening the breath and body.

HATHA YOGA: In this class, full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion with standing postures, twists and backbends.

HOT VINYASA FLOW YOGA: In this class, use muscle engagement and long pose holds for strength and flexibility. Studio temperature creates conditions for optimal sweat.

MELT: The MELT Method® (MELT®) is a treatment using a soft Melt roller and ball to reduce the effects of accumulated tension and stress caused by daily living.

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.

CORE 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.

KNOCKOUT WORKOUT: Learn kickboxing skills in this class (abs, jabs, and more) alternated with strengthening exercises to build lean muscle. *No previous experience required.*

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.

TOTAL BODY SCULPT: Exercise all muscle groups with a variety of strengthening and conditioning movements incorporating props like hand weights, resistance bands and your own body.

STRENGTH & CONDITIONING: This total-body workout uses body weight and dumbbells to strengthen muscles, improve functional mobility and endurance.

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.

PILATES JUMP BOARD: Pilates Jump board is a fast-paced Reformer workout that builds and tones your body. The class

ATHLETIC CLUB

AT THE WESTIN

CLASS SCHEDULE

AUGUST 2 - 8

puts emphasis on staying in constant motion from start to finish.

PILATES CHAIR: This Pilates class utilizes chairs for a full-body workout. The choreographed routine of challenging movements will strengthen, stretch and lengthen your body.