

# ACW Classes Sept 9 – 15

ATHLETIC CLUB  
AT THE WESTIN



## MONDAY


6:00 am	MASTER'S SWIM	Josiah
7:00 am	HIIT	Elisabeth
8:00 am	VINYASA FLOW	Vicki
9:00 am	PIL. EQUIP (\$)	Cathy
12:00 pm	ABC	Jessica
12:00 pm	PIL. EQUIP (\$).	Cathy
12:00 pm	VINYASA FLOW	Heather
 12:00 pm	BOOTCAMP	Genna
4:00 pm	FLOW & RESTORE	Tara
4:00 pm	PIL. EQUIP (\$).	Cathy
5:30 pm	HIIT	Genna
5:30 pm	YOGA SCULPT	Tara

## TUESDAY


6:30am	HOT VINYASA	Shannon
8:30 am	CHISEL	Nathalie
9:00 am	PIL. EQUIP (\$).	Cathy
12:00 pm	PIL. EQUIP (\$)	Deb
12:00 pm	VIN YIN	Vicki
12:00 pm	PILATES MAT	Cathy
 12:00 pm	BOOTCAMP	Carrie
5:30 pm	BARRE	Marina

5:30 pm **BALANCING SOUND BOWL** Vicki

## WEDNESDAY

6:00 am	MASTER'S SWIM	Josiah
6:30 am	HIIT	Heidi
 9:00 am	PIL. EQUIP (\$)	Allie
12:00 pm	BOOTCAMP	Genna
12:00 pm	BARRE	Nathalie
12:00 pm	VINYASA YOGA	Lindsay
12:00 pm	PIL. EQUIP(\$)	Kim
4:00 pm	FLOW & RESTORE	Tara

## THURSDAY

6:30 am	HOT VINYASA	Jackson
8:30 am	TOTAL BODY	Nathalie
 9:00 am	PIL. EQUIP (\$)	Allie
12:00 pm	BOOTCAMP	Tam
12:00 pm	PIL. EQUIP(\$)	Deb
12:00 pm	VINYASA FLOW	Jen
5:30 pm	BARRE	Samantha

## FRIDAY

6:00 am	MASTER'S SWIM	Josiah
6:30 am	STRENGTH AND COND'G	Suzie
8:00 am	VINYASA FLOW	Kait
8:30 am	CHISEL	Jessica
9:00 am	PIL. EQUIP (\$)	Katie
10:00 am	PIL. EQUIP (\$)	Katie
12:00 pm	PIL. EQUIP (\$)	Kim

## SATURDAY

8:00 am	HATHA YOGA	Nicola
9:00 am	HIIT / BARRE	Nathalie
9:00 am	PIL. EQUIP BASICS (\$)	Adryen
10:00 am	PIL. EQUIP (\$)	Adryen

## SUNDAY

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

Blue classes are special events

Green classes are hosted outside

Yellow classes are new



TEAMBEATS Class

# PRICING & CLASS DESCRIPTIONS

## PRICING GUIDE

	Gym / Pool Facilities	Classes	Pilates Equipment Class
Members	Included	Included	\$35
Resort Guest / Villa Owner	Included	\$20	\$35
Day + Week Pass	Price Varies	1 class / day (Exception Pilates Equipment)	\$35 (in addition to the day/week pass price)
Spa Guest	Included	\$20	\$35
Pilates Equipment Package (available only to members)			\$160 for 12 classes per month

### 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.

**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.

Download the Technogym

App or code: **AC392902**



### 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.

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