

# ATHLETIC CLUB

AT THE WESTIN

WEEK OF JAN. 23<sup>rd</sup> – 29<sup>th</sup>, 2012

ATHLETICCLUBWESTIN.COM

970.790.2051

## STUDIO ANJALI - YOGA SCHEDULE

YOGA DROP-IN: \$20

YOGA 10-SERIES: \$150 (3-MONTH PASS)

### MONDAY

8:30-10:00 AM HOT YOGA FLOW – TARA (LVL 2)

4:00-5:15 PM MONDAY GROOVE YOGA – TARA (LVL 2)

6:30-7:45 PM VINYASA FLOW – JILL (LVL 2)

### TUESDAY

8:30-10:00 AM ANUSARA – SUZANNE (LVL 2)

4:00-5:15 PM HOT FLOW YOGA - ASHLEY

5:30-7:00 PM KUNDALINI YOGA, MEDITATION & GONG  
RELAXATION - ONKAR

### WEDNESDAY

6:30-7:30 AM VINYASA FLOW – YVONNE (LVL 1&2)

8:30-10:00 AM VINYASA FLOW – JAXON (LVL 2)

12:00-1:00 PM GENTLE YOGA – WENDI (LVL 1)

5:30-7:00 PM FOUNDATIONS PLUS – TIM (LVL 2)

### THURSDAY

8:30-10:00 AM ANUSARA – SUZANNE (LVL 2)

4:00-5:15 PM HOT YOGA FLOW – ELIZABETH (LVL 2)

6:30-7:45 PM VINYASA FLOW – TBD (LVL 2)

### FRIDAY

6:30-7:30 AM VINYASA FLOW – TANYA (LVL 2)

8:30-10:00 AM ANUSARA YOGA – SUZANNE (LVL 2 & 3)

12:00-1:00 PM FABULOUS FRIDAY YOGA – SUZANNE (LVL  
2)

### SATURDAY

9:30-10:45 AM FOUNDATIONS – ELIZABETH (LVL 1) 4:00-

5:15 PM APRES SKI YOGA & CONTEMPLATION – SURYA  
(LVL 1 & 2)

### SUNDAY

9:30-10:45 AM VINYASA FLOW – ASHLEY (LVL 2 & 3)

4:00-5:15 PM APRES SKI YOGA & CONTEMPLATION – JILL

## CYCLING SCHEDULE

CYCLEFIT DROP-IN: \$15 (RESORT GUESTS ONLY)

CYCLEFIT MEMBER: INCLUDED

COMPUTRAINER DROP-IN\*: \$25

MEMBER COMPUTRAINER DROP-IN\*: \$18

MEMBER COMPUTRAINER MONTHLY\*: \$40

**\*24-HR ADVANCED REGISTRATION REQUIRED**

### MONDAY

2:00-3:30 PM COMPUTRAINER (OPEN)

5:45 PM CYCLEFIT - TAMARA

### TUESDAY

6:30 AM CYCLEFIT - BRETT

7:30-9:00 PM COMPUTRAINER (OPEN)

12:00 PM CYCLEFIT (WOMEN ONLY) - TAMARA

5:30-7:00 PM COMPUTRAINER (OPEN)

5:45 PM CYCLEFIT - TAMARA

### WEDNESDAY

7:30-9:00 PM COMPUTRAINER (OPEN)

2:00-3:30 PM COMPUTRAINER (OPEN)

5:45 PM CYCLEFIT - LINDA

### THURSDAY

6:30 AM CYCLEFIT - TAMARA

12:00 PM CYCLEFIT – CELESTE

5:30-7:00 PM COMPUTRAINER (OPEN)

5:45 PM CYCLEFIT - BRETT

### FRIDAY

2:00-3:30 PM COMPUTRAINER (OPEN)

### SATURDAY

NO SCHEDULED CLASSES

### SUNDAY

9:00-11:00 AM COMPUTRAINER (OPEN)

2:00-3:30 PM COMPUTRAINER (OPEN)

## PILATES REFORMER SCHEDULE

OPEN TO RESORT GUESTS AND MEMBERS ONLY

CLASS DROP-IN: \$40

MEMBER CLASS: \$20

MEMBER 10-SERIES: \$180

### MONDAY

9:00 AM REFORMER/TOWER - MARISA

11:30 AM REFORMER/TOWER - ELIZABETH

12:30 PM REFORMER/TOWER - ELIZABETH

### TUESDAY

9:00 AM GROUP REFORMER - ELIZABETH

12:00 PM CARDIO REFORMER/JUMP BOARD - ELIZABETH

5:30 PM GROUP REFORMER - MARISA

### WEDNESDAY

9:00 AM REFORMER/TOWER - MARISA

11:30 AM REFORMER/TOWER - ELIZABETH

12:30 PM REFORMER/TOWER - ELIZABETH

### THURSDAY

9:00 AM GROUP REFORMER - KATIE

12:00 PM CARDIO REFORMER/JUMP BOARD - ELIZABETH

5:30 PM GROUP REFORMER - ELIZABETH

### FRIDAY

9:00 AM REFORMER/TOWER - MARISA

11:30 AM REFORMER/TOWER - ELIZABETH

12:30 PM REFORMER/TOWER - ELIZABETH

### SATURDAY

9:00 AM GROUP REFORMER - MARISA

10:00 AM REFORMER/TOWER - MARISA

### SUNDAY

10:00 AM GROUP REFORMER - KATIE

## MOVEMENT SCHEDULE

OPEN TO RESORT GUESTS AND MEMBERS ONLY

CLASS DROP-IN: \$15

### MONDAY

8:30 AM PILATES MAT - ELIZABETH (ALL LVLS)

12:00 PM KICKBOX CIRCUIT (TRX) – CELESTE (LVL 2-3)

5:30 PM INTERVAL TRAIN (TRX) – CELESTE (LVL 2-3)

### TUESDAY

7:15 AM TOTAL BODY - DANITA (LVL 2-3)

8:30 AM PILATES MAT - KATIE (LVL 1-2)

12:00 PM PILATES BARRE – ELIZABETH (LVL 2-3)

4:00 PM CIRCUIT TRAIN (TRX) – TAMARA (ALL LVLS)

5:30 PM KICKBOXING – BRATZO (ALL LVLS)

### WEDNESDAY

8:30 AM INTERVAL TRAINING (TRX) - CELESTE (LVL 1-2)

12:00 PM INTERVAL TRAINING (TRX) – TAMARA (LVL 1-2)

5:30 PM CIRCUIT TRAIN (TRX) - TAMARA (LVL 2-3)

### THURSDAY

7:15 AM TOTAL BODY - DANITA (LVL 2-3)

8:30 AM PILATES MAT - MARISA (ALL LVLS)

12:00 PM CIRCUIT TRAIN (TRX) – TAMARA (LVL 1-2)

4:00 PM INTERVAL TRAINING (TRX) – MISSY (LVL 2)

5:30 PM KICKBOXING – BRATZO (ALL LVLS)

### FRIDAY

8:30 AM CORE TRAIN (TRX) – CELESTE (ALL LVLS)

12:00 PM ZUMBA - BETH (LVL 1-2)

### SATURDAY

8:30 AM PILATES MAT - MARISA (ALL LVLS)

12:00 PM – TOTAL BODY (TRX) – CELESTE (ALL LVLS)

### SUNDAY

8:30 AM PILATES MAT - KATIE (ALL LVLS)

**PLEASE ARRIVE 15 MINUTES PRIOR TO CLASS START TIME. LATE ENTRY TO CLASS IS NOT PERMITTED.**

**24-HOUR ADVANCED REGISTRATION RECOMMENDED BY PHONE 970.790.2051**