

May - Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						
	8:00am-8:45am *Extreme Ride Peter		8:00am-8:45am *Extreme Ride Peter			
9:00am-10:00am *Anti-Aging Yoga Annmarie	9:00am-9:45am Body Sculpt Peter	9:00am-9:45am *Extreme Ride Peter	9:00am-9:45am Body Sculpt Peter	9:00am-9:45am *Extreme Ride Peter	9:00am-9:45am *Extreme Ride Peter	9:00am-9:45am *Pilates Allegro Annmarie
10:00am-10:45am *Pilates Mat Annmarie	10:15am-11:00am Aqua-Fit Carolina	10:00am-10:45am Body Sculpt Maria	10:00am-10:45am * Latin Dance Mercedes	10:00am-10:45am Boot Camp Peter	10:15am-11:15am *Yoga Stretch Rochelle	10:00am-10:45am *Spinning Michele
	11:00am-12:00pm *Latin Dance Mercedes	11:00am-12:00pm *Vinyasa Yoga Maria	11:00am-12:00pm *Enhanced Fitness Mercedes	11:00am-12:00pm *Yin Yoga Agi		11:00am-12:00pm *Vinyasa Yoga Maria
PM						
5:00pm-5:45pm *Studio Cycling Carolina	5:00pm-6:00pm *Yoga Stretch Rochelle	5:30pm-6:15pm *Pilates Allegro Annmarie	5:00pm-5:45pm *Studio Cycling Carolina			
6:00pm-6:45pm Fit body Sculpt Carolina			6:00pm-6:45pm Upper Body Workout Carolina			

Class Description

Fit-Body Sculpt: The use of free weights, Body Bars, and bands enhances this muscle-sculpting workout.

Cardio Class: High energy calorie burning workout - something for everybody.

Boot-Camp: Ultimate calorie-burning workout - a combination of cardiovascular and resistance training.

Upper-Body Workout: Targeting the muscle of the chest, back, shoulders and arms to give you a balanced upper-body

Dance & Fit : Learn how to move your body with grace and sensuality. Dancing to all music styles, from Broadway tunes, Jazz, Pop and Latin. A great way to get in shape, have fun and learn

Enhanced Fitness: A great class to work on balance, posture, coordination, flexibility and low impact cardio. You can't miss this fun class. You will love it!

Specialty Classes

***Pilates Mat:** Traditional Pilates performed on a mat from the principles of Joseph Pilates. Increase your flexibility and agility.

***Pilatyoga:** Combines Pilates and Yoga to help strengthen your core and lower back with Pilates-style exercises while you create flexibility and alignment through Yoga postures focusing on breath

***Pilates Allegro:** Classes conducted in a small group of five using Allegro Reformer equipment. Not recommended for a beginner. **Reservations are required. \$20 charge for Westin/Golf Resort Guests.**

***Extreme Ride:** Technique based and focused on cadence, heart-rate zones, climbs and sprints that can make an unpredictable ride fun and challenging.

***Spinning:** Spinning is a rigorous workout specifically designed to improve endurance, cardio-vascular health and aerobic capacity while building muscle, improving strength and reducing fat.

***Yoga Vinyasa:** A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

***Yoga Stretch:** Major muscle groups are stretched actively with use of a rope of added benefits. May include active isolated and other techniques.

***Yin Yoga:** Beginner yoga class which introduces yoga flows, asana (poses) and languages used in many yoga disciplines.

(Note: Specialty Classes will incur a nominal fee)

****Westin Guests: \$10 fee for Yoga, Spinning & Pilates Mat**

***Tennis Only & Golf Only Members: \$10 fee for all classes.**

Schedule subject to change without notice.

