

# WELLNESS OFFERINGS

## JUNE 2023

### MONDAY

- 8:00 am - 8:50 am | Vinyasa Yoga | Fitness Studio | Nancy W
- 9:00 am - 9:50 am | Functional Fitness | Fitness Floor | Jenny
- 10:00 am - 10:50 am | Aqua Fit | Indoor Pool | Tami
- 11:00 am - 11:30 am | Mat Pilates | Fitness Studio | Bella
- 4:30 pm - 5:20 pm | Vinyasa Yoga | Fitness Studio | Jill
- 5:30pm - 6:20 pm | Soundbath Meditation | Meditation Room | Randy

### TUESDAY

- 9:00 am - 9:50 am | Yoga | Fitness Studio | Jenny
- 10:00 am - 10:50 am | Aqua Fit | Indoor Pool | Tami
- 11:00 am - 11:50 am | Wellbeing Ballet | Fitness Studio | Meredith
- 4:30 pm - 5:20 pm | Vinyasa Yoga | Fitness Studio | Nancy W
- 5:30 pm - 6:20 pm | Functional Fitness | Fitness Floor | Jake

### WEDNESDAY

- 9:30 am - 10:20 am | Vinyasa Yoga | Fitness Studio | Jill
- 10:00 am - 10:50 am | Aqua Fit | Indoor Pool | Nancy O
- 11:00 am - 11:50 am | Dance Fit & Barre | Fitness Studio | Bella
- 5:30 pm - 6:20 pm | Spin & Core | Spin Studio | David
- 6:30pm - 7:20pm | Dance & Core | Fitness Studio | David

### THURSDAY

- 9:00 am - 9:50 am | Yoga Flow | Fitness Studio | Jenny
- 10:00 am - 10:50 am | Aqua Fit | Indoor Pool | Nancy O
- 11:00 am - 11:50 am | Ballet Barre | Fitness Studio | Jenny
- 5:30 pm - 6:20 pm | Functional Fitness | Fitness Floor | Jake

### FRIDAY

- 8:30 am - 8:55 am | Guided Meditation | Meditation Room | Cami
- 9:00 am - 9:50 am | Functional Fitness | Fitness Studio | Jenny
- 10:30 am - 11:20 am | Yoga & Meditation | Fitness Studio | Jenny
- 11:30 am - 12:20 pm | Dance Fit & Barre | Fitness Studio | Bella
- 4:30 pm - 5:20 pm | Vinyasa Yoga | Fitness Studio | Jill

### SATURDAY

- 9:00 am - 9:50 am | Functional Fitness | Fitness Floor | Jake
- 10:00 am - 10:50 am | Mobility & Flexibility | Fitness Studio | Jake

### SUNDAY

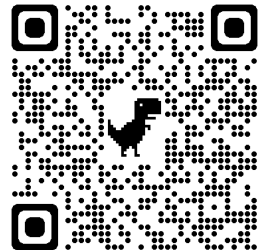
- 9:00:00 am - 9:50 am | Vinyasa Yoga | Fitness Studio | Nancy W
- 10:00 am - 10:50 am | Spin & Core | Spin Studio | David

### Welcome to The Four Seasons Westlake Village Fitness Center!

Class schedules and instructors are subject to change or cancellation. Thank you for your flexibility.

Must be 14 years or older to use the fitness facilities.

## THE SPA MENU



# HOURS

## FITNESS CENTER

5:30 am - 10:00 pm |

## INDOOR POOL

5:30 am - 10:00 pm |

## KIDS' CENTERS

9:30 am - 7:30 pm | Registered Hotel Guests Only

# CLASS DESCRIPTIONS

**AQUA FIT** Use the resistance of the water, noodles and water weights to improve cardiovascular fitness, endurance and flexibility. Fluidly improve your range-of-motion, balance and core strength.

**CARDIO SCULPT** A 30 minute calorie busting workout with the goal to improve cardiovascular health while also burning calories in an efficient way. A 5 minute warm-up will lead into a series of higher efforts followed by brief recovery bouts to deliver efficient training stimulus.

**DANCE FIT & BARRE** This barre workout flows through high-powered sequences that are designed to strengthen, tighten, and tone the arms, legs, and core. Dance to the rhythm with energizing movements. No dance experience required.

**WELLBEING BALLET** The Wellbeing Ballet Method approach is designed for anyone who wants to improve their posture, strength, balance, motor skills & mental wellness.

**FUNCTIONAL FITNESS** A full body workout utilizing a mixture of bands and free weights in circuit style, to sculpt your body, improve cardiovascular fitness and your body's ability to move freely.

**MAT PILATES** Transform your core strength and balance with a series of controlled movements to improve posture, reduce stress, and increase core strength

**MOBILITY & FLEXIBILITY** Increase your range of motion and your body's ability to move more freely without tension using various myofascial release techniques, stretching and foam rolling. A great primer before your workout or as a full body recovery.

**SPIN** Pedal through hill climbs, sprints, and other challenging exercises set to exciting music tracks and choreographed to provide an excellent workout for superior cardiovascular conditioning.

**SPIN & CORE** A full body workout and metabolism booster. Improve your cardiovascular health while on the spin bike and increase your abdominal muscle tone using stabilizing core exercises.

**VINYASA YOGA** Flow continuously through strong sequences of Sun Salutations and standing postures. Link breath with movement to build strength as you improve your balance and flexibility.

**YOGA & MEDITATION** Move both mindfully and powerfully in this traditional yoga class while using breath work to help ease your mind into finding a more gentle focus for your day.

**SOUND BATH MEDITATION** In our reiki-infused crystal bowl, this deeply relaxing treatment uses sound waves at different frequencies to reduce stress and anxiety, decrease tension and fatigue, improve sleep and calm your body and mind.

- Classes are tailored to the fitness level of our guests and members. Please inform the instructor if you have any medical conditions or injuries that require you to modify your level of intensity.