

# FITNESS SCHEDULE

## MONDAY

9:00 am - 9:50 am | Cycling | Spin Studio  
10:00 am - 11:15 am | Yoga & Meditation | Yoga Studio  
11:00 am - 11:50 am | Aqua Blast | Indoor Pool  
11:30 am - 12:20 pm | Pilates | Yoga Studio  
4:30 pm - 5:20 pm | Yoga | Yoga Studio  
5:30 pm - 6:20 pm | Cycling | Spin Studio  
5:30 pm - 6:20 pm | Zumba | Yoga Studio

## TUESDAY

9:00 am - 9:50 am | Body Sculpt | Yoga Studio  
10:00 am - 10:25 am | Body Sculpt/Ab Lab | Yoga Studio  
10:30 am - 10:55 am | Stretching Session | Yoga Studio  
12:00 pm - 12:50 pm | Cycling | Spin Studio  
4:30 pm - 5:20 pm | TreadZone | Gym Floor  
5:30 pm - 5:55 pm | Upper Body Sculpt | Yoga Studio

## WEDNESDAY

9:00 am - 9:50 am | Cycling | Spin Studio  
10:00 am - 10:50 am | Barre | Yoga Studio  
11:00 am - 11:50 am | Aqua Blast | Indoor Pool  
12:00 pm - 12:50 pm | Yoga | Yoga Studio  
4:30 pm - 5:20 pm | Core Cuts | Yoga Studio  
5:30 pm - 6:20 pm | Cycling | Spin Studio

## THURSDAY

9:00 am - 9:50 am | Body Sculpt | Yoga Studio  
10:00 am - 10:30 am | Body Sculpt/Ab Lab | Yoga Studio  
10:30 am - 10:50 am | Stretching Session | Yoga Studio  
11:00 am - 11:50 am | Aqua Blast | Indoor Pool  
12:00 pm - 12:50 pm | Cycling | Spin Studio  
4:30 pm - 5:20 pm | TreadZone | Gym Floor  
5:30 pm - 5:55 pm | Ab Lab | Yoga Studio  
6:00 pm - 6:25 pm | Lower Body Sculpt | Yoga Studio

## FRIDAY

9:00 am - 9:50 am | Cycling | Spin Studio  
10:00 am - 10:50 am | Barre | Yoga Studio  
11:00 am - 11:50 am | Cycling | Spin Studio  
12:00 pm - 12:50 pm | Pilates | Yoga Studio  
4:30 pm - 5:20 pm | Cycling | Spin Studio  
5:00 pm - 5:50 pm | Yoga | Oak Room

## SATURDAY

8:00 am - 8:50 am | Body Sculpt | Yoga Studio  
9:00 am - 9:50 am | Qigong | Pagoda\*  
9:00 am - 9:50 am | Cycling | Spin Studio  
10:00 am - 10:50 am | Yoga | Yoga Studio

## SUNDAY

9:00 am - 9:50 am | Yoga | Yoga Studio  
10:00 am - 10:50 am | Body Sculpt | Yoga Studio

Class schedules and instructors are subject to change or cancellation.

**Please Note:** Due to ongoing Hotel enhancements, class locations are subject to change without advanced notice. Thank you for your flexibility.

\*Beginning January 26



FOUR SEASONS

HOTEL

WESTLAKE VILLAGE, CALIFORNIA

# HOURS

**FITNESS CENTER** 5:30 am - 10:00 pm | staffed 6:00 am - 9:00 pm

**INDOOR POOL** 5:30 am - 10:00 pm | no lifeguard on duty

**KIDS' CENTERS** 8:00 am - 10:00 pm | unsupervised

## CLASS DESCRIPTIONS

**AB LAB** Improve core strength, balance and posture with this ab focused 25-minute class

**AQUA BLAST** A fun-filled workout that utilizes the natural resistance and fun of the water to build the core, strengthen muscles and increase cardiovascular fitness

**BARRE** A high-energy, low-impact class designed to strengthen, tone and sculpt your body using barre work and light weights

**BODY SCULPT** A dynamic exercise class designed to target the largest muscle groups

**BOOTCAMP** A combination of high-intensity interval training (H.I.I.T.) and strength development training (SDT) led by a team of Exercise Physiologists

**CIRCUIT TRAINING** A circuit of exercises using a variety of equipment from free-weights to step platforms and medicine balls

**CORE CUTS** A head-to-toe hard body workout using resistance training which will work your core in ways that develop spinal stabilization and enhance muscular strength

**CORE & MORE** This class takes you through a high-energy cardio and resistance training experience that will enhance your core and burn calories

**CYCLING** Keiser M3i bikes are used to achieve a cardiovascular workout that will take you up mountains, over hills, and through heart pounding speed drills

**CYCLEZONE** Cardiovascular interval training in our cycling studio, featuring the Activio system

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

**QI GONG** The practice of aligning breath, focus & movement for improved circulation & longevity.

**STRETCHING SESSION** Improve flexibility and reduce muscle fatigue

**TREADZONE** Cardiovascular interval treadmill training designed to optimize your calorie burn and fitness through heart zone programming. Bring your heart rate monitor for optimum results

**UPPER / LOWER BODY SCULPT** A 25-minute version of our Body Sculpt class targeting the upper or lower body

**YOGA** Restore your mind/body connection with flow, breathing techniques, and ancient postures

**YOGA & MEDITATION** A relaxing yoga class including mindful meditation for the ultimate mind/body experience

**YOGA ON THE GREEN** Outdoor yoga for all experience levels.

**ZUMBA** A calorie-burning, interval-style dance fitness party set to Latin and World music.

- Fitness classes are complimentary for hotel guests and members.
- Must be 14 years of age or older to use the fitness facilities.
- Shirts and shoes must be worn at all times.
- 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.



CALIFORNIA HEALTH  
&  
LONGEVITY INSTITUTE