

FITNESS SCHEDULE

July 2020

MONDAY

10:30 am - 11:20 am | H2O Flow | Indoor Pool | Sam
5:30 pm - 6:20 pm | H.I.I.T | Activity Lawn | Jenny

TUESDAY

8:30 am - 9:20 am | HIIT | Activity Lawn | Jesse
4:30 pm - 5:20 pm | Yoga & Meditation | Pagoda Lawn | Ana

WEDNESDAY

10:00 am - 10:50 am | Barre | Pagoda Lawn | Gaylene
5:00 pm - 5:50 pm | Vinyasa Yoga | Pagoda Lawn | Ana

THURSDAY

5:30 pm - 6:30 pm | Battle Cycle | Indoor Pool Patio | Don

FRIDAY

5:00 pm - 5:50 pm | Vinyasa Yoga | Pagoda Lawn | Jill

SATURDAY

8:15 am - 8:50 am | Family Fitness | Activity Lawn | Jesse
9:00 am - 10:00 am | Tai Chi Fusion | Pagoda Lawn | Jenny

SUNDAY

9:00 am - 9:50 am | Vinyasa Yoga | Pagoda Lawn | Caroline

Per L.A County Mandate, staff and patrons of gyms must wear face coverings and gloves at all times, effective July 1st until further notice.

Please maintain a 6 ft distance between yourself and others while utilizing the fitness center and pool areas.

Class schedules and instructors are subject to change or cancellation. Due to social distancing requirements, class locations may be subject to change to accommodate class sizes without advanced notice.

Thank you for your flexibility.

Lockers Max. Capacity 4

Studio Max. Capacity 5

Spin Studio Max. Capacity 6

Fitness Floor Max. Capacity 25

Pool Max. Capacity for Swimming 16

Pool Max. Capacity for Loungers 30

Patio Max. Capacity for Loungers 21



FOUR SEASONS
HOTEL
WESTLAKE VILLAGE, CALIFORNIA

HOURS

FITNESS CENTER	6:00 am - 9:00 pm
INDOOR POOL	6:00 am - 9:00 pm no lifeguard on duty
KIDS' CENTERS	Closed until further notice

CLASS DESCRIPTIONS

BARRE No need to be a prima ballerina! This high-energy, low impact class designed to strengthen, tone and sculpt your body using ballet inspired barre work and light weights.

BATTLE CYCLE You will be dancing throughout this entire cycling class as we battle between two different artists or music genres. The music will change weekly to keep you motivated while you work hard!

FAMILY FITNESS Start your weekend off on the right foot with this full body, circuit style class that incorporates, cardio, resistance bands, kettlebells, and more to create a fun workout for the whole family!

H2O FLOW This aqua class uses the natural resistance of the water for a full body workout.

H.I.I.T High Intensity Interval Training! Kick your metabolism into overdrive with this energetic class that focuses on targeted short bursts of high intensity exercise followed by a short recovery.

TAI CHI FUSION Breathe deeply and naturally, focusing your attention on slow, smooth movements, allowing your Qi to flow freely releasing any tension while improving circulation with deep rhythmic breathing

VINYASA YOGA Flow continuously through strong sequences of traditional Sun Salutations and standing postures. Link breath with movement to build strength and endurance as you push the edge of 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.

- 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.

