

FITNESS SCHEDULE

January 2021

MONDAY

9:00 am - 9:50 am | H.I.I.T | Waterfall Lawn | Jenny
9:45 am - 10:35 am | Yoga & Meditation | Waterfall Lawn | Ana

TUESDAY

7:30 am - 8:20 am | H.I.I.T | Waterfall Lawn | Jesse

WEDNESDAY

9:45 am - 10:35 am | Yoga & Meditation | Waterfall Lawn | Ana

THURSDAY

9:00am - 9:50 am | H.I.I.T | Waterfall Lawn | Don

FRIDAY

3:30 pm - 4:20 pm | Vinyasa Yoga | Waterfall Lawn | Jill

SATURDAY

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

SUNDAY

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

Per L.A County Mandate, all physical activity must now be outdoors, effective August 11th until further notice.

Face coverings **are** required while engaged in all outdoor fitness center activities and at least 8 feet of distance is required from others during these activities.

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

Thank you for your flexibility.

When in operation, the areas below have the following capacities:

Lockers Max. Capacity 4
Studio Max. Capacity 5
Spin Studio Max. Capacity 6
Fitness Floor Max.Capacity 15
Pool Max. Capacity for Swimming 16
Pool Max.Capacity for Loungers 30
Patio Max. Capacity for Loungers 21



FOUR SEASONS
HOTEL
WESTLAKE VILLAGE, CALIFORNIA