

FITNESS SCHEDULE

May 2021

MONDAY

9:00 am - 9:50 am | H.I.I.T | Activity Lawn | Jenny
10:00 am - 10:50 am | Restorative Yoga | Pagoda Lawn | Jenny

TUESDAY

7:30 am - 8:20 am | H.I.I.T | Activity Lawn | Jesse
9:00 am - 9:50 am | Morning Yoga Recharge | Yoga Studio | Jessica

WEDNESDAY

9:30 am - 10:20 am | Yoga & Meditation | Pagoda Lawn | Jill
5:15 pm - 6:00 pm | Strength & Conditioning | Fitness Center | Jake

THURSDAY

4:30 pm - 5:20 pm | Spin | Spin Studio | Don

FRIDAY

9:00 am - 9:50 am | H.I.I.T | Activity Lawn | Jake
4:30 pm - 5:20 pm | Vinyasa Yoga | Pagoda Lawn | Jill

SATURDAY

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

SUNDAY

10:00 am - 10:50 am | Vinyasa Yoga | Pagoda Lawn | Caroline

Per L.A County Mandate, all physical activity can be indoors at a 25% occupancy, effective April 7th until further notice.

Face coverings **are** required while engaged in all indoor fitness center activities and at least 6 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 0
Studio Max. Capacity 4
Spin Studio Max. Capacity 4
Indoor Fitness Floor Max. Capacity 15



FOUR SEASONS
HOTEL
WESTLAKE VILLAGE, CALIFORNIA