

FITNESS SCHEDULE

November 2021

MONDAY

9:00 am - 9:50 am | Outdoor Functional Fitness | Pagoda Lawn | Jenny
10:00 am - 10:50 am | Restorative Yoga | Pagoda Lawn | Jenny
3:30 pm - 4:20 pm | Vinyasa Yoga | Pagoda Lawn | Jill
4:30 pm - 4:55 pm | Guided Meditation | Pagoda Lawn | Jill

**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.

TUESDAY

7:30 am - 8:20 am | Outdoor Functional Fitness | Activity Lawn | Jesse
9:00 am - 9:50 am | Morning Yoga Recharge | Pagoda Lawn | Jessica
10:30 am - 11:20 am | Aqua Fusion | Indoor Pool | Sam

WEDNESDAY

9:30 am - 10:20 am | Yoga & Meditation | Pagoda Lawn | Jill
5:15 pm - 6:00 pm | Circuit Training | Indoor Pool *Patio* | Jake

THURSDAY

10:30 am - 11:20 am | Mat Pilates | Pagoda Lawn | Torrey
1:00 pm - 1:50 pm | Aqua Fusion | Indoor Pool | Sam

FRIDAY

9:00 am - 9:50 am | Outdoor Functional Fitness | Activity Lawn | Jake
10:30 am - 11:20 am | Aqua Fusion | Indoor Pool | Sam
4:00 pm - 4:50 pm | Vinyasa Yoga | Pagoda Lawn | Jill

SATURDAY

8:15 am - 9:00 am | Circuit Training | Activity Lawn | Jesse
9:00 am - 9:50 am | Tai Chi Fusion | Pagoda Lawn | Jenny

SUNDAY

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



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

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 and keep your mind off the hard work!

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!

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. This class is truly meditation in motion.

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.

PILATES Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility.

KICKBOXING No equipment or experience needed for this fun, energetic and challenging workout.

- 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.

