






Fitness Class Schedule

WEST **WORKOUT**

This schedule is subject to change. Class descriptions available.

Attention Class Participants: All Classes Require Sign Up prior to Class Time

Monday	Tuesday	Wednesday	Thursday	Friday
6:30am - 7:30am Body Sculpting Michaela	6:30am - 7:30am Spinning Michaela			6:30am - 7:30am Body Sculpting Michaela
Noon - 12:55pm STEP & SWEAT Pam	Noon - 12:55pm Core Board Sculpt Frank	Noon - 12:55pm Cardio Interval Pam	Noon - 12:55pm Turbo Sculpt Pam	Noon - 12:55pm Iron Yoga or Circuit Training Michaela or Lori
1pm - 1:50pm Airdyne Chris		1pm - 1:50pm *Rowing Chris		1pm- 1:50 pm Airdyne Chris

THE SECRET TO BUILDING A STRONG FOUNDATION

The core muscles of the body are the origin for all movement. Core muscles provide stability of the vertebral column and are the secret to sports performance and injury prevention! These muscles lie deep within the torso and attach to the spine, pelvis, and support muscles surrounding the scapula. Core training helps remedy postural imbalances, which if left alone can create injuries. Core training is especially important in the development of functional fitness, thus making the activities of daily living much easier to perform! Core focused programs involve the use of many muscle groups in a coordinated movement pattern. Stability exercises are used to increase the focus of using the deep muscles of the torso in unison, unlike traditional weight training where most exercises focus on joint isolation.

Abdominal bracing, contraction of the abdominal viscera, is the focal point of core training. Proper bracing is attained by pulling your navel back toward your spine, primarily recruiting the transverse abdominus. As you attempt to brace the abdomen, be sure to continue with normal breathing as it is very common to hold your breath when unfamiliar with this technique.

*PLEASE SEE ONE OF OUR TRAINERS TO FIND THE EXERCISES THAT WILL BEST SUIT YOU!



WESTIN WORKOUT



FITNESS CLASS DESCRIPTIONS

MONDAY

BODY SCULPTING: MICHAELA

Begins with a 5 minute warm-up; proceeds to sculpt entire body; and ends with a 5 minute cool down.

STEP AND SWEAT: PAM

A fun, challenging step cardio class to burn fat and calories all while having fun!

AIRDYNE: CHRIS

Very intense 50 minute class that focuses on the use of an arbitrary reference rpm (based on a race pace for 15:00), then following the instructor's strategy to increase speed followed by a recovery period.

TUESDAY

SPINNING: MICHAELA

A group cycling class that incorporates spinning and climbing strategies that may transfer to performance on an outdoor bike. The music will dictate the cadence and the amount of resistance will be determined by your rate of perceived exertion (1-10).

CORE BOARD SCULPT: FRANK

An advanced, core focused, muscular strength and endurance class designed to improve balance, stability, coordination, and focus. Various training strategies and types of resistance are used to increase overall muscle fiber recruitment and create an unmatched training effect!

WEDNESDAY

CARDIO INTERVAL: PAM

A Hi/Lo floor cardio (kickbox and dance) class that incorporates strength and cardio intervals to increase your metabolism (burn calories from fat) at a very high rate.

ROWING: CHRIS

Rowing, this very intense class is based on an arbitrary reference rpm followed by the instructor setting a strategy to increase speed and efficiency, followed by a recovery period.

THURSDAY

TURBO SCULPT: PAM

An advanced muscular resistance class incorporating dumbbells, the stability ball, and body bars to build muscle, increase heart rate, and burn calories all at the same time! Core work is also included!

FRIDAY

BODY SCULPTING: MICHAELA

Begins with a 5 minute warm-up; proceeds to sculpt entire body; and ends with a 5 minute cool down.

Iron Yoga Michaela

A combination of strength and yoga poses for weight loss and total body fitness. Proven to increase metabolism and lengthen muscle.

Interval Class: Lori

3mins of cardio then 1min of toning exercises for intervals at a length of 45minutes.

AIRDYNE: CHRIS

Very intense 50 minute class that focuses on the use of an arbitrary reference rpm (based on a race pace

for 15:00), then following the instructor's strategy to increase speed followed by a recovery period.
