

WELLNESS OFFERINGS

July 2024

MONDAY

8:00 am - 8:50 am | Vinyasa Yoga | Fitness Studio | Nancy W
9:00 am - 9:50 am | Functional Fitness | Fitness Studio | Sophia
10:00 am - 10:50 am | Mobility & Flexibility | Fitness Studio | Jenny
10:00 am - 10:50 am | Aqua Fit | Indoor Pool | Nancy O
11:00 am - 11:50 am | Mat Pilates | Fitness Studio | Bella
4:30 pm - 5:20 pm | Vinyasa Yoga | Fitness Studio | Jill
5:30pm - 6:20 pm | Soundbath Meditation | Meditation Room | Gary

TUESDAY

7:30am - 8:20 am | Functional Fitness | Fitness Studio | Pete
9:00 am - 9:50 am | Yoga Flow | Fitness Studio | Jenny
10:00 am - 10:50 am | Strength & Strong Bones | Fitness Floor | Jenny
10:00 am - 10:50 am | Aqua Fit | Indoor Pool | Bella
11:00 am - 11:50 am | Ballet Fit | Fitness Studio | Pavel
4:30 pm - 5:20 pm | Vinyasa Yoga | Fitness Studio | Rachel
5:30 pm - 6:20 pm | Functional Fitness | Fitness Floor | Sophia

WEDNESDAY

9:00 am - 9:50 am | Vinyasa Yoga | Fitness Studio | Jill
10:00 am - 10:50 am | Aqua Fit | Indoor Pool | Mary Ann
10:00 am - 10:50 am | Functional Fitness | Fitness Center | Pete
11:00 am - 11:50 am | Zumba | Fitness Studio | Cammie

THURSDAY

7:00 am - 7:50 am | Spin Cycle | Spin Studio | Jason
9:00 am - 9:50 am | Yoga Flow | Fitness Studio | Jason
10:00 am - 10:50 am | Total Body & Core | Fitness Studio | Pavel
11:00 am - 11:50 am | Classical Ballet Barre | Fitness Studio | Jenny
4:30 pm - 5:20 pm | Aqua Fit | Indoor Pool | Mary Ann
5:30 pm - 6:20 pm | Functional Fitness | Fitness Floor | Sophia

FRIDAY

8:30 am - 8:55 am | Guided Meditation | Meditation Room | Cami
9:00 am - 9:50 am | Functional Fitness | Fitness Studio | Kerri
10:00 am - 10:50 am | Aqua Fit | Indoor Pool | Nancy O
10:00 am - 10:50 am | Vinyasa Yoga | Fitness Studio | Jenny
11:00 am - 11:50 am | Hip Hop Dance Fit | Fitness Studio | Cammie
4:30 pm - 5:20 pm | Vinyasa Yoga | Fitness Studio | Jill

SATURDAY

8:00 am - 8:50 am | Yoga Flow | Fitness Studio | Rachel
9:00 am - 9:50 am | Functional Fitness | Fitness Floor | Sophia
10:00 am - 10:50 am | Total Core | Fitness Studio | Sophia

SUNDAY

8:00 am - 8:50 am | Vinyasa Yoga | Fitness Studio | Nancy W
9:00 am - 9:50 am | Mat Pilates | Fitness Studio | Bella

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.

THE SPA MENU



FOUR SEASONS
HOTEL
WESTLAKE VILLAGE, CALIFORNIA

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

AQUA FIT Use the resistance of the water, noodles and water weights to improve cardiovascular fitness, endurance and flexibility. Fluidly improve your range-of-motion, balance and core strength.

BALLET FIT A fabulous fifty minute workout strength and cardio workout with resistance and ballet barre that gracefully connects your body and mind.

CLASSICAL BALLET BARRE This easy to follow barre workout flows through graceful and classical ballet moves to strengthen, tighten, tone the legs and core. Feel calm, strong and get a great workout. No dance experience required, if you've never tried barre and always wanted to, now is your chance.

FUNCTIONAL FITNESS A full body workout utilizing a mixture of bands and free weights in circuit style, to sculpt your body, improve cardiovascular fitness and your body's ability to move freely.

HIP HOP DANCE FIT After a core warm up, learn how to move your body to hip hop grooves with simple choreography to feel good and have fun. No experience necessary.

MAT PILATES Transform your core strength and balance with a series of controlled movements to improve posture, reduce stress, and increase core strength

MOBILITY & FLEXIBILITY Increase your range of motion and your body's ability to move more freely without tension using various myofascial release techniques, stretching and foam rolling. A great primer before your workout or as a full body recovery.

SOUND BATH MEDITATION With our reiki-infused crystal bowls, this deeply relaxing treatment uses sound waves at different frequencies to reduce stress and anxiety, decrease tension and fatigue, improve sleep and calm your body and mind.

SPIN Pedal through hill climbs, sprints, and other challenging exercises set to exciting music tracks and choreographed to provide an excellent workout for superior cardiovascular conditioning.

TOTAL CORE Suitable for all fitness levels join this class to improve your strength, stability, plus reduce your risk of lower back pain with resistance and body weight exercises for your core.

VINYASA YOGA Flow continuously through strong sequences of Sun Salutations and standing postures. Link breath with movement to build strength as you improve 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.