

# LA PALOMA ATHLETIC CLUB CLASS DESCRIPTIONS

## TABATA:

30 minute express, high intensity interval class. 8 rounds, 20 seconds work, 10 seconds, rest, repeating for 4 minutes.

## KETTLE BELL TRAINING:

The kettlebell is a cast-iron steel ball with a handle attached to the top. It is used to perform many types of exercises, including but not limited to ballistic exercises that combine cardiovascular, strength and flexibility training

## BODYFLOW™:

A relaxation class designed to improve balance, flexibility and posture. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

## PILATES:

Mind and body exercises concentrating on smooth movement and proper body alignment to develop a strong core body while developing increased flexibility and a range of motion and stress awareness.

## SPIN/CYCLING:

Indoor cycling is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery involving the use of a stationary exercise bicycle with a weighted flywheel in a classroom setting.

## POSTURAL FITNESS:

Defined as the capacity to maintain proper segmental relationships in all body movements. As such, it goes beyond sitting, standing, and walking to constitute the best body positioning for functional efficiency in any given activity.

## CORE BLAST:

A challenging workout which targets your abs, back and core in all the ways necessary for long term functional core movement and health.

## RESTORATIVE YOGA:

Class focuses on the centering of your breath & body-aligning both physically & mentally by practicing stillness or gentle movement for an extended time. Focuses: relaxation, meditation & deep tissue posture

## STRONG AND FIT:

Functional training workout using various exercise equipment.

## GOLF STRETCH:

This 50-minute golf preparation class focuses on stability, core mobility that you need to attain for power in your golf swing

## HIIT:

High intensity interval training using numerous pieces of equipment.

## POUND:

A high-energy workout using drum sticks!

## CARDIO TONE:

High energy workout that blends light resistance training with a complete cardiovascular workout. Incorporate dumbbells, straps and step blocks.

## POP PILATES:

A total body, equipment-free workout that sculpts a rock solid core and a lean dancer's body like nothing else can.

## WATER AEROBICS:

This class focuses on aerobic endurance & weight bearing movements under water. Easy on the ligaments and joints or for those recovering from injury. Water aerobics is the performance of aerobic exercise in fairly shallow water such as a swimming pool. Performed mostly vertically and without swimming typically in waist deep or deeper water, it is a type of resistance training.

## BALANCE:

This class is designed to improve your balance and core stability. During this workout, you will use stability balls, chairs, balance disks along with additional tools to strengthen your core and balance.

## KETTLEBELL INSTRUCTION:

Learn the basics of using kettlebells to prevent injury. Contact Nancy by email at [nancy.manning@westinlapaloma.com](mailto:nancy.manning@westinlapaloma.com)

## EQUIPMENT ORIENTATION:

Equipment Orientation takes you through how to use equipment and will also put a workout together for you to begin your workout routines. Contact Nancy by email at [nancy.manning@westinlapaloma.com](mailto:nancy.manning@westinlapaloma.com)

# La Paloma Athletic Club

*3666 E. Sunrise Drive*

**The Athletic Club is *exclusively* for  
country club members and resort guests.**

**Hours of Operation: 24 hours a day/7 days a week  
Athletic Club Phone: 520.577.7880**

**To help you reach your health and wellness goals,  
our trainers are available for personal training.**

***\*The daily fee for guests of country club members  
is \$10 per person per day.  
Daily fee does not apply to resort guests.***

