

# ATHLETIC CLUB

## AT THE WESTIN

### **Beaver Creek's award-winning Westin Riverfront undergoing \$1 million wellness center expansion**

AVON, Colo. (October 10, 2011) – [The Westin Riverfront Resort & Spa at Beaver Creek Mountain](#) is pleased to announce that it is currently undergoing a \$1 million renovation and expansion of its fitness center, including 4,000 square feet of new exercise studio space.

Now named the **Athletic Club at The Westin**, this state-of-the-art athletic club features more than 27,000 square feet of wellness offerings, including Spa Anjali, a full-service salon, a spa boutique and a 25-yard saline-based outdoor lap pool.

Enhancements to the Athletic Club at The Westin include a new Pilates Studio with four reformers to allow for group and private training classes. The new Cycling Studio will offer an 8 person multi-rider Computrainer program and the current CycleOps stationary bike programs. The larger Yoga Studio will allow the Club to offer an even more extensive schedule of class times and styles, including Vinyasa Flow, Power Flow, Thermal Yoga, Foundations, Anusara-Inspired, Restorative, and Meditation. Workshops and teacher trainings in both Pilates and Yoga will be highlighted throughout the year.

The project also includes a redesign of the Athletic Club's 1,100 square foot Movement Studio to provide truly unique strength and conditioning programs including "suspension" training, power training and functional training class formats. The Club will continue to offer a variety of group exercise classes including Zumba, Mat Pilates, Ballet Barre workouts and Circuit Training. The locker amenities will see new steam room and additional shower facilities.

The project will be completed by December 2011 and the Athletic Club at The Westin will remain open during the renovations.

"We continue to strive to make the Athletic Club at The Westin the Vail Valley's premiere fitness and training facility," said Gaye Steinke, General Manager of the Athletic Club at The Westin.

Unique programming at the Athletic Club at The Westin includes a weekly Trail Running Series in the summer and fall, guided snowshoes in the winter, Ski Conditioning, RUN Westin, CycleFit and a Masters Swim Program. The Club also offers personal training with certified and master level personal trainers.

Spa Anjali – which was named the #2 U.S. Resort Spa for 2011 by *Condé Nast Traveler* - was designed to share the numerous benefits of the energizing mountain lifestyle with guests, offering a unique treatment menu focusing on healing mountain traditions.

Also new this fall, Spa Anjali is offering cosmetic dermatology services with Dr. Steven Hacker, including Botox, Juvederm, TCA Peels, Latisse, Obagi, Vivite and Dermasweep.

Connected to Beaver Creek's spectacular ski terrain via the Riverfront Express Gondola, The Westin Riverfront features 230 finely appointed guest residences ranging from studio suites to three-bedroom condominiums, all featuring custom kitchens, five-piece bathrooms and gas fireplaces. Amenities at the dog-friendly resort include a Westin Kids Club, a ski valet and on-site ski and snowboard rentals in the winter and bike rentals and a fly fishing shop in the summer. The resort is also home to [Restaurant Avondale](#), a Contemporary Pan Latin Kitchen by internationally acclaimed Chef Richard Sandoval that blends traditional Latino flavors with global ingredients and cooking techniques.

For more information on the Athletic Club at The Westin, including class schedules and membership info, please call 970-790-2051 or visit [www.spaanjali.com](http://www.spaanjali.com).

For more information on The Westin Riverfront, please visit [www.westinriverfrontbeavercreek.com](http://www.westinriverfrontbeavercreek.com) or call 1-866-949-1616.

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