

Westin Workout Hours of Operation: 24 hours, 7 days a week. Room Key entry.
Fitness Classes: 7 days a week. Schedule provided daily at Spa Reception or Concierge.
Personal Training & Private Yoga: available upon request. Schedule with a spa agent.
Spa Facilities & Services: available from 8am-7pm daily. 7 days a week.

Spa Reception: 808.661.2588 (Ext 2588)
Spa Director: Leah Strohecker; ext. 2930
Spa Manager: Ashley Salberg; ext. 2537
Spa Supervisor: Heidi Michel-Bunyard; ext. 2598

THE WESTIN
MAUI
RESORT & SPA
KA'ANAPALI


heavenly
BY WESTIN®/spa



Outdoor (Garden Lanai) Equipment:

- 1 Shoulder Press Machine
- 1 Lat Pull-down Machine
- 1 Seated Leg Curl Machine
- 1 Leg Extension Machine
- 1 Chest Press Machine
- 1 Leg Extension Machine (Captain's Chair)
- 1 Set of Free Weights (Dumbbells)(5lbs-50lbs)
- 2 Incline Benches
- 6 Spin Bikes

Life Fitness Cardio machines:

- 6 Treadmill's
- 5 Ellipticals
- 4 Recumbent Bikes
- 2 Upright Bikes
- 6 Spin Bikes

Free weights & Resistance Equipment:

- 1 Shoulder Press Machine
- 1 Lat Pull-down Machine
- 1 Seated Leg Curl Machine
- 1 Leg Extension Machine
- 1 Chest Press Machine
- NEW! 2 Dual Adjustable Pulley System Machine
- 1 Set of Free Weights (Dumbbells)(5lbs-50lbs)
- 1 Set of Small Hand Weights (1lb-10lbs)
- 20 Body bars (4lbs - 18lbs)
- 2 Incline Benches
- Resistance Bands from Light to Heavy
- 2 sets of Medicine Balls (2lbs-10lbs)

Additional Equipment:

- 2 step training benches
- 2 Bossu Balls
- 3 inflatable Stability Balls
- workout mats
- yoga mats
- Jump ropes

- 1 Health-o-meter scale

- T.V.'s on all cardio equipment

- All Classes have bottled water and towels provided

- Gym wipes on all cardio equipment

- Upbeat music in Westin Workout Room

- Apples and water available for guests

- Ear buds available for guests

WESTIN **WORKOUT**
WORKOUT