

# Fitness Class Schedule

Effective January 7, 2008

## Monday

6:30am Boot Camp (45 min.)  
8:00am Aqua Aerobics (55 min.)  
8:30am TC 30/30 (60 min.)  
9:00am Aqua Fitness (55 min.)  
10:15am Power Train\* (45 min.)  
5:15pm Bosu Fitness (45 min.)  
6:30pm Belly Dancing\*

## Tuesday

7:30am Spinning ++ ( 45 min.)  
9:00am Cardio Power Circuit (55 min.)  
10:00am Nice-n-Easy Aquatics (55 min.)  
12:00pm Pilates Continuing/Beginning\* (45 min.)  
12:15pm Meditation\*  
1:00pm Gentle Yoga (75 min.)  
4:00pm Spinning++ ( 45 min.)  
5:00pm Weight Watchers\*  
5:30pm Aqua Strength & Sculpt (55 min.)

## Wednesday

6:30am Boot Camp (45min.)  
8:00am Aqua Aerobics (55 min.)  
8:30am TC 30/30 (60 min.)  
9:00am Aqua Fitness (55 min.)  
10:15am Power Train\* (45 min.)  
5:15pm Bosu Fitness (45 min.)  
6:30pm Yoga (60 min.)

## Thursday

7:30am Spinning ++ ( 45 min.)  
9:00am Cardio Power Circuit (55 min.)  
10:00am Nice-n-Easy Aquatics (55 min.)  
12:00pm Pilates Continuing/Beginning\* (45 min.)  
1:00pm Gentle Yoga (75 min.)  
4:30am Spinning ++ ( 45 min.)  
5:30pm Aqua Strength & Sculpt (55 min.)

## Friday

6:30am Rising Sun Yoga (60 min.)  
7:30am Spinning ++ ( 45 min.)  
8:00am Aqua Aerobics (55 min.)  
9:15am Bosu Fitness (45 min.)  
9:00am Aqua Fitness (55 min.)  
4:30pm Spinning ++ ( 45 min.)

## Saturday

8:30am Sports Conditioning/Sculpt-N-Tone (60 min.)  
8:30am Aqua Aerobics (55 min.)  
10:00am Yoga (60 min.)  
11:15pm Meditation\*

## Pricing

**Hotel Guests:** Classes are \$10 each and based on availability. Pilates and Meditation classes are \$15.

**Members:** Regular Classes are complimentary. Specialty Classes\* require pre-registration. Additional fees apply. There is a \$10 drop-in fee per class for non-registered attendees. Pilates and Meditation \$15.

**++Spinning:** Members \$ 5 • Hotel Guests \$10  
Please call ext. 6770 to sign-up. Class size is limited to 5.

## Cancellation Policy

24-hour cancellation policy or a full session fee applies to personal training, yoga therapy and meditation coaching. 72-hour cancellation policy for specialty classes\*.

*\*pre-registration and fitness coordinator approval is required for specialty classes. See the Health Club Desk for details or call 534-6779.*

*-Class schedule and times are subject to change-*



# The Club Health and Fitness Programs 2008

**Fitness Orientation:** Members are entitled to a one hour complimentary fitness orientation. Instructions on machine operation and form to ensure safety during a workout.

<u>Member</u>	<u>Hotel Guest</u>
Complimentary	\$35

**Customized Training:** Get on track with a personalized workout program. Your Personal Trainer, Yoga Therapist, Nutritionist, or Meditation Coach will work one-on-one with you to provide motivation and educate you on what is involved in attaining your fitness goals. Multiple session discounts available.

~Yoga Therapy is a healing modality that is used for multiple kinds of pain: physical, mental and/or emotional. Invest in your wellness through supported yoga postures under the supervision and expertise of an experienced yoga therapist.

~ Meditation Coaching - training and support for the beginning or advanced student in relaxation and meditation techniques along with breathing exercises and practices.

	<u>Member</u>	<u>Hotel Guest</u>
Yoga Therapy	\$85	\$90
Meditation Coach	\$35 (1/2 hour)	\$40 (1/2 hour)
Body Fat Analysis	no charge	\$10
Tanita Body		
Composition Analysis	\$10	\$20

Personal Training (prices do not include tax)

1 Session	\$45	\$50
4 Sessions	\$159	\$179
8 Sessions	\$305	\$341
12 Sessions	\$450	\$485

To make an appointment with a Personal Trainer or Yoga Therapist, call the Fitness Coordinator at 231-534-6779.

## Class Descriptions

Aqua Aerobics - 55 minutes of high intensity, low impact energizing aerobics, body strengthening, toning, flexibility and overall conditioning. An excellent fitness program for anyone.

Aqua Fitness (Lap Pool) - 55 minutes including warm up, 20-25 minutes of stamina building mild to moderate, self-paced aerobics; strengthening, toning and stretching exercises.

Aqua Strength & Sculpt - A unique, non-aerobic sculpting class that uses the force of water resistance to create a challenging and effective workout. This improves core strength, shoulders, biceps, triceps, back, chest, glutes and legs with focus on muscular endurance, power, tone and joint range of motion. Modifications are included for athletes, cross-trainers, and/or anyone desiring to increase their fitness level.

Boot Camp - Athletic power, speed, plyometric and agility moves for 30 minutes of cardio endurance, along with abdominal work.

Bosu Fitness - Total body fitness. Improve muscle endurance and strength as well as balance, coordination and cardiovascular fitness, through the creative use of the Bosu Trainer (Both Sides Up).

Cardio Power Circuit - "User friendly" high energy, interval sets of aerobics and challenging strength training exercises for a maximized total body workout

Hip-Hop Step - Want to get toned, burn calories, improve cardio health and have fun at the same time? This class will combine the cardio benefits of step, lean muscle building benefits of free weights all in easy to follow, upbeat Hip-Hop routines that are simple to follow. You will come away from this class feeling energized!

Meditation - Meditation is the fine art of exploring the inner world in order to master the mind and discover clarity of thought, calmness, moderate and reverse the effects of stress. This class is an introduction to the fundamental skills needed to begin & support a practice of meditation.

Nice -n-Easy Aquatics - A rejuvenating, full body tone and stretch exercise program aimed at strengthening, sculpting, stabilizing and increasing range of motion while reducing skeletal and muscular stress. A safe and appropriate workout for anyone desiring to increase their fitness level including individuals completing joint or muscular rehabilitation and those with arthritis.

Pilates\* - A comprehensive approach to increase both strength and flexibility for individuals at almost all levels of physical ability; involves integration of movement patterns, breathing, and self-awareness; based on principles of core strength, focusing on the stabilizers of the trunk, while simultaneously working the extremities.

Power Train and Power Train for Teens\* - Group train with our personal trainers for bone strengthening, muscle building and definition through the use of creative circuit cycles on our weight machines. Class size limited.

Rising Sun Yoga - Prepare, center and energize with a yoga practice aimed at total wellness through the use of invigorating postures, breath exercise and meditation.

Spinning - Spinning is one of the most popular fitness classes. It has no complicated moves to learn and you can burn as many as 500 calories per 40-min. ride. The routines are designed to simulate terrain and situations encountered in actual bicycle rides. The various positions tone and strengthen all muscles of the legs. The instructor uses music and enthusiastic coaching to motivate the students to challenge themselves to work harder.

Sports Conditioning/Sculpt-N-Tone - 30 minutes of challenging, fat burning, aerobic athletic moves aimed at increasing strength, lean muscle mass, power, flexibility and cardio endurance. Plus 30 minutes of non-cardio individualized muscle toning.

TC 30/30 - Tone for 30 min. + Cardio for 30 min. Stay for just the Toning, come for just the Cardio, or both! A great way to begin the day!

Yoga - Class includes centering and warming practices, stretching and stretching asanas, breath exercise (pranayama) and deep relaxation/meditation.

Gentle Yoga - A modified and gentle, adaptive yoga class. Participants of any physical ability are welcomed and encouraged.