

FITNESS CLASS SCHEDULE

Effective December 26, 2011

Monday

7:00am Boot Camp (45 min.)
8:00am Aqua Aerobics (55 min.)
9:00am Aqua Fitness (55 min.)
9:00am Zumba - Tone (60 min.)
5:30pm Spinning (45 min.)
6:30pm Kick-n-Tone (60 min.)

Tuesday

7:00am Spinning (45 min.)
8:30am TC - 30/30 (60 min.)
10:00am Nice-n-Easy Aquatics (55 min.)
12:00pm Pilates* (45 min.)
1:00pm Gentle Yoga (75 min.)
5:30pm Aqua Strength and Sculpt (55 min.)
5:15pm Group Personal Train Class (must pre-register)
6:30pm Muscle Mayhem (60 min.)

Wednesday

7:00am Boot Camp (45 min.)
8:00am Aqua Aerobics (55 min.)
9:00am Aqua Fitness (55 min.)
9:00am Muscle Mayhem (60 min.)
12:15pm Meditation Class** (60 min.)
5:30pm Spinning (45 min.)
6:30pm Yoga (60 min.)

Thursday

7:00am Spinning (45 min.)
8:30am TC - 30/30 (60 min.)
10:00am Nice-n-Easy Aquatics (55 min.)
1:00pm Gentle Yoga (75 min.)
5:30pm Aqua Strength and Sculpt (55 min.)
5:30pm Zumba (55 min.)
6:30pm Muscle Mayhem (60 min.)

Friday

6:30am Rising Sun Yoga (60 min.)
8:00am Aqua Aerobics (55 min.)
9:00am Kick-n-Tone (60 min.)
9:00am Aqua Fitness (55 min.)

Saturday

8:00am Spinning (45 min.)
9:00am Aqua Zumba (60 min.)
9:00am Sports Conditioning/Sculpt-n-Tone (55 min.)
10:00am Urban Funk n' Pump (60 min.)
11:00am Yoga (60 min.)

Pricing - Members

Regular Classes: FREE
Pilates & Meditation: \$12 Drop-in fee

**Mediation: \$110 for 11 week session
(January 11 – March 21st)

*Pilates: \$70 for 10 week session
(January 10 – March 13th)

Pricing - Nonmembers/Hotel Guests

Regular classes: \$10 per class or 10 class punch card for \$80

Pilates & Meditation: \$16 Drop-in fee or 2 punches

**Mediation: \$143 for 11 week session
(January 11 – March 21st)

*Pilates: \$100 for 10 week session
(January 10 – March 13th)

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.

See the Health Club Desk for details or call 534-6770.

-Class schedule and times are subject to change-

EXERCISE



Fitness & Personal Training



The Club Health and Fitness Programs

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, 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.

Personal Training (prices do not include tax)

1 Session	\$45	\$60
4 Sessions	\$159	\$200
8 Sessions	\$305	\$360
12 Sessions	\$450	\$500

~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	\$45 (45 min.)	\$55 (45 min.)
Tanita Body		
Composition Analysis	\$10	\$20

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.

Aqua Zumba - Known as the Zumba “pool party”, Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

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

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

Kick-n-Tone - Try this class to increase stamina, flexibility and strength. Besides keeping your body fit, kickboxing has tons of other benefits including a boost of your energy level and strengthening your abs TO THE CORE! This is a cardiovascular class involving combinations of high and low impact punches and kicks including muscular conditioning exercises to help tone muscles, improve posture, flexibility, and balance.

Muscle Mayhem - This intense toning class will sculpt you from head to toe. Dumbbells, BOSU, tubes, steps, weights and stability balls will challenge your muscles and strengthen your body!

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.

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 - 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.

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 - 60 minutes of strength and cardio combinations, low to high intensity choices. Improve your fitness level by choosing your style.

Urban Funk n’ Pump - Urban Funk n’ Pump is a dance-fitness class incorporating easy to follow, funky, urban style dance moves which will raise your heart rate and burn maximum calories. This 60 minute fat-burning workout will also include a muscle toning segment involving all of the major muscle groups. Urban Funk n’ Pump is designed for all ages, fitness levels with no dance experience needed.

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

Zumba - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!