

## **Winter Weekend Spa Wellness Package – Health and Fitness Seminar**

Time: Saturday 1pm – 3pm  
Location: Health Club Fitness Classroom  
Fitness Coordinator: JC Bailey, CPT, MSW

- 1) Tanita Body Composition Assessment consisting of :  
Weight, Body Fat, Visceral Fat, Lean Muscle, Energy Requirements,  
and Metabolic Age
- 2) Individualized goal setting based on Tanita Body Composition  
Assessment, guest request and trainer input.
- 3) Goal attainment discussion and education to include fitness,  
nutrition, environmental, social and cognitive challenges and  
attainment strategies.
- 4) Fitness workout customized to the goals and proficiency of the  
group.

### **Fitness Coordinator Profile – JC Bailey**

JC Bailey has been employed by the Grand Traverse Band for the past 16 years in both the gaming and resort enterprises. For the past 4 years, she has served as the Fitness Coordinator at Grand Traverse Resort and Spa.

JC has been an ISSA Certified Personal Trainer for the past 5 years and holds additional certification in group fitness, indoor cycling, Zumba, TRX training and aqua fitness. Additionally, JC has her Masters of Social Work degree from GVSU and is a Masters of Counselor Education candidate through WMU.

JC enjoys utilizing her competition experience in running, biking and fitness to help people set goals, overcome barriers to those goals and develop a healthier and stronger lifestyle through fun, diverse and challenging workouts.