FITNESS CLASS SCHEDULE

Effective July 2026

MONDAY
Aqua Aerobics 8:00am & 9:00am
Turbo Tone 9:00am
Total Body Blast 5:15pm

TUESDAY
Cycling 7:30am*
Functionally Fit 8:30am
Don't Just Sit, Be Fit 9:30am
Barre Fusion 10:30am
Total Body Blast 5:15pm

WEDNESDAY
Aqua Aerobics 8:00am & 9:00am
Turbo Tone 9:00am
Gentle Yoga 10:00am
Gentle Yoga 5:15pm

THURSDAY
Cycling 7:30am*
Functionally Fit 8:30am
Don't Just Sit, Be Fit 9:30am
Turbo Tone 5:15pm

FRIDAY
Aqua Aerobics 8:00am & 9:00am
Bootcamp 9:00am

SATURDAY
Cycling 8:00am**
Weekend Warriors 9:00am
Yoga Flow 10:00am

Classes may be held outdoors, weather dependent. If we have inclement weather, or temps are below 60 degrees, classes will take place indoors.

PRICING

Pricing - Members
Regular Classes: FREE

Pricing - Hotel Guests & Member Guests
Regular classes: $15 per class
**Cycling classes are limited to 10 participants

MEMBER LAP SWIM

Sunday 7am-10am
Monday-Saturday 6am-10am
*Water playground is closed during lap swim.

NO TRUER NORTH
GRAND TRAVERSE RESORT AND SPA

For more information, please call the Health Club Desk at 231-534-6770.

FITNESS CLASSES AND PERSONAL TRAINING

THE CLUB HEALTH AND FITNESS PROGRAMS

Fitness Orientation
30 Minutes of instruction regarding the gym equipment inside the Health Club. You will be shown the function of cardio & strength machines as well as how to use proper form while using equipment. This is an instructional session only and will not go into specifics for your personal workouts.

Member - Complimentary Hotel Guest - $25

Personalized Fitness Programs
1 Hour of one-on-one time with the Personal Trainer, discussing your goals, injury history, and experience with fitness. The Personal Trainer can then produce a personalized plan for the two of you to work with during Personal Training Sessions.

Member - $50

Personal Training
Would you like to have personalized workouts that are designed just for your needs? Do you have a hard time staying on track with working out and need accountability? You could benefit from hiring a personal trainer! We will find a trainer who can work with your schedule and get you on track. Check out our packages and find the best fit for you.

Single Session - $75
4 Sessions - $225
8 Sessions - $420
12 Sessions - $580

*Must use within 6 months of purchase. There will be a $50 penalty for any personal training session rescheduled or canceled with less than 24 hours notice.

Please scan these QR codes to access Calendly, where you can request sessions with our Personal Trainers, Logan Terry and Maggie Burnside.

Terry Logan

terry.logan@gtresort.com

Maggie Burnside

maggie.burnside@gtresort.com

CLASS DESCRIPTIONS

Aqua Aerobics
Uses the water's natural resistance and buoyancy to provide a low-impact workout. It's similar to traditional aerobics but in a water environment, offering benefits for cardiovascular health, strength, and joint support. The buoyancy of the water reduces the impact on joints, making it suitable for people with joint pain or injuries.
The water provides natural resistance, which helps strengthen muscles and improve cardiovascular fitness. Classes often use props like pool noodles or weights and can be adapted to different fitness levels.

Barre-Fusion
Is a low-impact, total-body workout that combines elements of ballet, yoga, and Pilates. It often incorporates dance movements, functional strength training, and mind-body inspired exercises, all while using the barre for balance and support. The goal is to sculpt and tone muscles, improve flexibility and posture, and increase overall strength and fitness.

Cycling
Our 45-minute ride combines dynamic movement and high-intensity interval training with musical motivation. We'll run, sprint, push and fight through a workout that will light you up and keep your heart rate bumpin' for the rest of the day.

Don't Just Sit, Be Fit!
Class is a type of fitness program that combines cardio and strength training exercises that can be performed while seated or using it for balance. It's designed to be accessible to individuals of all fitness levels, and it focuses on improving stability for daily activities. The class incorporates a variety of exercises that target both cardiovascular fitness, core and muscle strength. This class will include upper and lower body strength training, as well as stretching.

Functionally Fit
This class focuses on improving your ability to perform everyday activities with ease and efficiency by incorporating exercises that mimic real-life movements like lifting, squatting, and climbing. This class aims to enhance strength, stability, and flexibility, while also improving overall health and well-being. It emphasizes exercises that engage multiple muscle groups and joints simultaneously, mimicking the way you move in daily life. These classes help build strength and improve stability, making it easier to perform everyday tasks like picking up objects, climbing stairs, or participating in sports. This class is accessible to individuals of all fitness levels, as exercises can be modified to suit different needs.

Gentle Yoga
Is a meditative and gentle style yoga that emphasizes slowing down and connecting with your breath, body, and mind. Creating a space for relaxation, mindfulness, and self-awareness. Blends Vinyasa and Yin Yoga together in this 45-minute practice.

Total Body Blaster
Is a well rounded toning and strengthening class that combines strength training with cardio and flexibility. This class will target all major muscle groups, improve overall fitness, and build strength. Instructors will use equipment like dumbbells, barbells, resistance bands, and body weight, and may incorporate circuit training or dynamic movements. All fitness levels are accommodated with modifications.

TurboTone
Is a group fitness class that focuses on engaging all major muscle groups in a single workout session. It is a high intensity, strength, core, and cardio class using a variety of equipment. Stations or circuits are often incorporated to provide variety. This class combines strength training with cardio or other forms of conditioning. The goal is to improve overall fitness, build strength, and enhance cardiovascular health. This class will definitely test your limits of strength and ability.

Weekend Warrior
Workout class is a full-body, cardio, interval, resistance and weight based class to complement regular workouts during the week. It focuses on building strength and muscle mass through weight training while keeping your heart rate up for maximum fat burn. This class aims to provide a convenient way for busy individuals to meet their fitness goals.

Yoga Flow
Emphasizes smooth, continuous movement between poses, synchronized with the breath. This practice focuses on building strength, flexibility, balance, and mindfulness. Yoga flow is a dynamic and engaging practice that combines physical movement, mindful breathing, and a sense of continuous flow.

Bootcamp
Are you ready to push your limits, ignite your fitness, and achieve incredible results? Our Bootcamp class is a dynamic and challenging group fitness experience designed to help you burn fat, build strength, and boost your endurance.

This class incorporates a mix of high-intensity interval training (HIIT), functional exercises, and a variety of strength and cardio movements. You'll experience a workout that is fast paced, challenging, varied and engaging. Join us on Friday morning and see the benefits of increased strength and endurance, boosted metabolism and fat burning, improved cardiovascular health, enhanced agility, and coordination.