



THE CLUB

Club Member Newsletter April 28

Dear GTRS Members,

May is around the corner and hopefully warmer weather. After a long winter it is always refreshing to start opening our outdoor venues. Golf courses are open and ready for play, outdoor tennis courts are officially opening this weekend with three courts available.

The Resort has some exciting events and special offer coming up that we wanted to get in front of our members.

Wine Coast Weekend Dinner | Saturday, May 7 | 7pm

Join us as we celebrate Michigan Wine Month at Grand Traverse Resort and Spa with our Wine Coast Weekend Dinner featuring special food pairings with 15 Northern Michigan Wineries. The dinner includes eight dine around stations, six drink tokens for local wineries and live music by Cam Six. Additional drink tokens will be available for purchase for \$3.

Purchase tickets here: <https://www.eventbrite.com/e/wine-coast-weekend-dinner-tickets-294793564487>

Wolverine Weekend | June 17-19

This inaugural event is for those who bleed maize and blue. Join us for Wolverine Weekend featuring golf on The Wolverine, a meet and greet with star athletes, plus dinner with keynote speaker John U. Bacon.

Find out more: <https://www.grandtraverseresort.com/wolverineweekend>

Mother's Day Digital Spa Gift Card Offer

Receive \$25 in spa bonus bucks for every \$150 of digital Spa Grand Traverse gift cards you purchase.

**A 20% adjustable gratuity is added on top of service prices at checkout. Gratuity based on regular pricing before discounts. Cannot be substituted with any other services. Reservations are recommended. Bonus bucks must be used by June 30, 2022.*

Find out more: <https://www.grandtraverseresort.com/spa/gift-cards>

Thank you for your continued support of the Club!

Dawn Olsen, Director of Recreation and Spa

Fitness Updates

Virtual classes will end the first week of May.

Saturday yoga will be moving back to 11:00am, effective April 30.

New Classes:

Sunday Morning Meditation - Sunday 10am | 45-minutes

Join us in a sitting or lying down position for a period of guided and silent meditation. In this class, we'll use guided meditation and breath work to calm our minds. Reduce stress and create a deeper sense of calm leading to our inner sanctuary. Discover ways to release muscle tension and enhance your energy and immune system with pranayama (breath work). Using therapeutic breathing techniques will deepen your own inner healing and lead you to effortless meditation. Meditation themes will include self-love, patience, presence, gratitude, and cultivating peace of mind. Experience the oasis of calm, and the energy of connection that comes from meditating with a group, led by an experienced teacher.

Dance and Flow – Friday 9am | 45-minutes

This dance class is perfect for anyone wanting to move, improve flexibility and strengthen the body. Boost your mood and mind, decrease your stress and increase cardiovascular health in a gentle way. This dance flow class will help your posture, increase flexibility, range of motion, and strengthen muscles. Bring more balance and coordination in your life. This class is designed for beginner dancers and beyond. Brighten your life with the joy of dance.

These classes will start the second week of May. Friday, May 13 and Sunday, May 15.

Tennis Updates

May ½ Off Court Time and Ball Machine Promo

To celebrate National Tennis Month and thank all of you for being members of the Resort all court and ball machine reservations are 50% off May 1 -31, 2022. Call the health club desk to book your reservation!

1-hour court rental = \$12, now \$6

1-hour ball machine rental = \$15, now \$7.50

Court rental and ball machine rentals may be made 7 days in advance by calling the Health Club Desk, 231-534-6770. Reservations based on availability. Promotion good for all weekly court reservations. Does not include contract time or any pro led lessons, activities or court time. 24-hour cancellation policy and fees still apply.

Learn to Play Tennis!

May is National Tennis Month and we're offering a low cost, easy way to get in the game! Every Tuesday in May a Grand Traverse Resort and

Spa Tennis Pro will be hosting a 1 hour learn to play tennis lesson followed by 1 hour of match play. This is meant for those who have never played tennis before or are very new to the game. By the end of the month of May, players will know the rules of tennis and basic skills to allow them to play doubles on their own.

Tuesdays: 6pm - 8pm

Cost: \$10/Members, \$20/Resort Guests

Fernando is Back!

Long time Resort Tennis Pro and top Spanish Professional player and coach, Fernando Belmar, will be returning to the Resort April 29 - May 18.

Fernando is available for private and group lessons during this time. Call George to book, 231-534-6776. Welcome back Fernando!

Lesson Punch Cards

Beginning 4/27/22 lesson punch cards bought at the member price will only be valid while a player's membership is turned on. Pick 6 members and those with memberships on hold will not have access to their punch card lessons unless their membership is turned on. This includes all private lesson punch cards and drill punch cards for adults and juniors.

Outdoor Tennis Courts

Starting April 29, three outdoor courts will be available for court reservations. Members receive complimentary court time on the outdoor courts. Please book your courts through your Club Automation Account or by calling 231-534-6770. Please contact George with any questions about booking online through you Club Automation account, 231-534-6776. Courts may be booked for a maximum of two hours at a time. All members and guests must check in at the health club desk prior to play.

Tennis Program Returning - Train Like Champion, Wednesdays 6:30pm - 8pm, May 4 - May 18

We are excited about this new tennis program coming back to the Resort with Coach Fernando Belmar. Fernando is a world class Spanish tennis player and coach that will be at the Resort May 1 - May 18. He is bringing back his acclaimed "Train Like Champion" program to Wednesday nights 6:30pm - 8pm.

This program is for players 4.0+ that want to be pushed to train like Fernando does on the red clay of Spain. Make sure to register in advance because this program is very popular! Register online using your Club Automation account or call the Health Club Desk, 231-534-6770.

Cost: \$30/member, \$40/Guest/Non-Member