

FITNESS CLASS SCHEDULE

Effective April 29, 2022

Monday

Yoga Flow 7:30am
Aqua Aerobics 8:00am & 9:00am
Turbo Tone 9:00am
Total Body Blast 5:15pm

Tuesday

Cycling 7:30am*
Functionally Fit 8:30am
Barre Fusion 10:00am
Total Body Blast 5:15pm
Aqua Strength & Sculpt 5:30pm

Wednesday

Aqua Aerobics 8:00am & 9:00am
Turbo Tone 9:00am
Pilates 10:15am
Kettlebell Class 5:15pm
Gentle Yoga 6:15pm

Thursday

Cycling 7:30am*
Functionally Fit 8:30am
HIIT 5:15pm
Aqua Strength & Sculpt 5:30pm

Friday

Aqua Aerobics 8:00am & 9:00am
Dance and Flow 9:00am (starts May 13)

Saturday

Cycling 8:00am*
Weekend Warriors 9:00am
Yoga Flow 11:00am

Sunday

Sunday Morning Meditation 10:00am
(starts May 15)

Pricing - Members

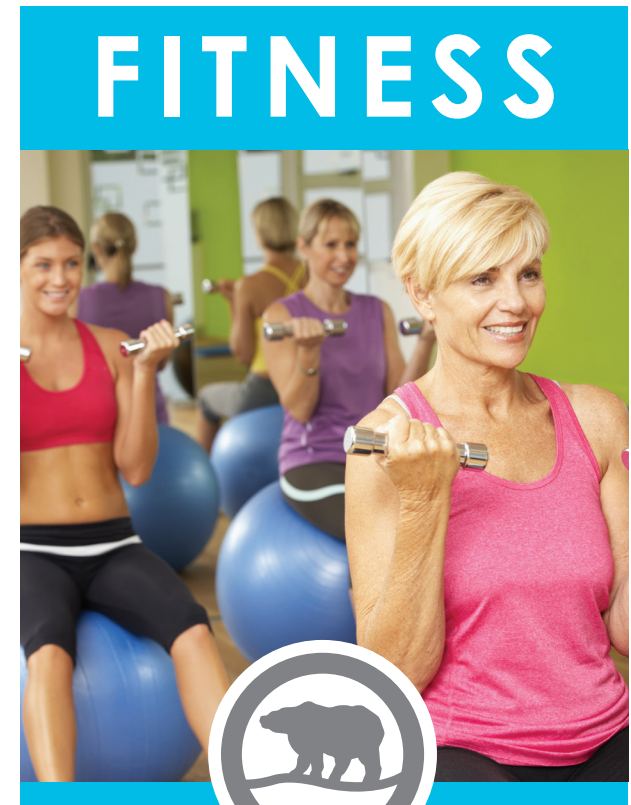
Regular Classes: FREE

Pricing - Hotel Guests & Member Guests

Regular classes: \$15 per class

**Cycling classes are limited to 10 participants.
Please sign up in advance to ensure your
place in class.*

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



THE CLUB

CLASSES &
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.

Member - Complimentary Hotel Guest - \$25

Customized 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.

3 sessions for \$145*
6 sessions for \$275*
10 sessions for \$425*
16 sessions for \$650*

**must use within 6 months of purchase.*

Call the Health Club Desk at 231-534-6770 for more information.

CLASS DESCRIPTIONS

Aqua Aerobics (Monday, Wednesday & Friday 8am & 9am, 55 min) Awaken the power of the body through water fitness. These classes are designed to challenge your endurance, strength, cardiovascular condition and flexibility through water resistance and use of aqua bells and or noodles. Enjoy the benefits of exercise without the added stress on your joints. Learn techniques to strengthen and support your core for overall stability. Modifications are offered for varying fitness levels, including high intensity exercises. Your instructor will help create a fun and active workout you can take at your own pace.

Aqua Strength and Sculpt (Tuesday & Thursday 5:30pm, 55 min) A unique, non-aerobic sculpting class that uses the force of water as resistance to create a challenging and effective workout. Improving strength in the core, shoulders, biceps, triceps, back, chest, glutes and legs with a focus on muscular endurance, power, tone and joint range of motion. Modifications are included for athletes, cross-trainers, or anyone desiring to increase their fitness levels.

Barre Fusion (Tuesday 10am, 45 min, starting April 5)
Barre Fusion is a total body workout utilizing body weight and higher reps to tone and strengthen. This 45 minute class is inspired by elements of ballet, Pilates, yoga and resistance training. Barre Fusion provides a low impact, high energy workout for all ages and fitness levels.

Cycling (Tuesday & Thursday 7:30am & Saturday 8am)
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.

Dance and Flow (Friday at 9am, 45 min)
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.

Functionally Fit (Tuesday/Thursday 8:30am, 55 min)
Increase muscle strength and endurance using a variety of modalities including body weight exercises, kettlebells, body bars, trx and more. Exercises will include both lifting weights for major/minor muscle groups and compound lifting for increasing overall muscle strength, function and flexibility. Designed to mimic everyday movement and activities. All fitness levels encouraged to join. Meet outside the Health Club entrance.

Gentle Yoga (Wednesday 6:15pm, 45 min)
This interactive and mindful practice will include postures, breath exercise, and meditation that cultivate flexibility, strength, and balance in body and mind and spirit. Inner peace that heals is the ultimate gift of this ancient art.

HIIT (Thursday 5:15pm) You will enjoy this class if you are looking for a high intensity workout with Latin music as motivation.

Kettlebell Class (Wednesdays at 5:15pm)
Join a 45-minute kettle bell intensive where we explore Tabata format kettlebell full body workouts. You will get to learn proper alignment for strengthening and lengthening your muscular system, as well as have fun with advanced kettlebell throws. Three skill levels will be offered, so whether you're a beginner or a seasoned bell thrower, you will find a full body workout!

Pilates (Wednesday 10:15am, 45 min) Pilates dramatically improves flexibility, strength, coordination, and posture by creating body awareness from your "core." This workout is both relaxing and revitalizing.

Sunday Morning Meditation (Sundays at 10am, 45 min) 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.

Total Body Blaster (Monday/Tuesday 5:15pm, 45 min) Do you desire to be pushed past your own limitations? Become stronger, build endurance and push through mental barriers that can inhibit results. This class will push you beyond what you could achieve on your own. Implementing various techniques and modalities this class will bring out your inner athlete. The class offers modifications for all fitness levels.

Turbo Tone (Monday & Wednesday 9am, 45 min) This class offers a wide range of exercises to help tone and strengthen. You will be challenged and pushed to your limits with a fun mix of cardio and resistance exercises. High energy and creative use of equipment make this a great start to your day! Class can be modified for any fitness level. All are welcome!

Weekend Warriors (Saturday 9am, 45 min) Don't let the weekend derail your fitness goals! Designed to motivate and challenge, this class will not disappoint. This interval training class will move you from one station to the next, keeping your heart rate up for maximal fat burn. Come ready to fight like a warrior as you prepare for the week ahead. All fitness levels are welcome. Set your own pace.

Yoga Flow (Monday 7:30am/Saturday 11am, 45 min) Relax as our instructor walks you through meditative exercises and stretches that will help you start your morning out right. This class is sure to leave you feeling invigorated and ready to face whatever the day may bring.