

FITNESS CLASS SCHEDULE



The Club

Outdoor Fitness Classes offer plenty of room to accommodate social distancing!
Please call the desk at 231-534-6770 to sign up for classes.

Monday:

- 8:00am Aqua Aerobics* (held at indoor pool)
- 9:00am Turbo Tone (meet outside the Health Club entrance)
- 9:00am Aqua Aerobics* (held at indoor pool)
- 10:00am Power Yoga* (Meet in Health Club Lobby)
- 12:00pm Kick It Up Cardio (meet outside the Health Club entrance)

Tuesday:

- 7:30am Cycling* (held under the white tent next to the outdoor tennis courts)
- 8:30am Functionally Fit (meet outside the Health Club entrance)
- 1:00pm Virtual Yoga (class held via Zoom)
- 5:15pm Over Achiever (meet outside the Health Club entrance)
- 5:30pm Aqua Strength and Sculpt (held at indoor pool)

Wednesday:

- 8:00am Aqua Aerobics* (held at indoor pool)
- 9:00am Turbo Tone (meet outside the Health Club entrance)
- 9:00am Aqua Aerobics* (held at indoor pool)
- 10:00am Summer Pilates Series | Cost: \$80 Members | \$104 Non-members
(meet outside the Health Club entrance)
- 12:00pm Kick It Up Cardio (meet outside the Health Club entrance)
- 6:00pm Gentle Yoga* (Meet in Health Club Lobby)

Thursday:

- 7:30am Cycling* (held under the white tent next to the outdoor tennis courts)
- 8:30am Functionally Fit (meet outside the Health Club entrance)
- 1:00pm Virtual Yoga (class held via Zoom)
- 5:15pm Total Body Blaster (meet outside the Health Club entrance)
- 5:30pm Aqua Strength and Sculpt (held at indoor pool)

Friday:

- 8:00am Aqua Aerobics* (held at indoor pool)
- 9:00am Aqua Aerobics* (held at indoor pool)
- 10:00am Move It (meet outside the Health Club entrance)
- 11:00 Gentle Yoga* (Meet in Health Club Lobby)

Saturday:

- 8:00am Cycling* (held under the white tent next to the outdoor tennis courts)
- 9:00am Weekend Warrior (meet outside the Health Club entrance)
- 11:00am Power Yoga* (Meet in Health Club Lobby)

**Aqua Aerobics is limited to 13 participants. Aqua Strength & Sculpt is limited to 8 participants.
Cycling classes are limited to 10 participants. Yoga is limited to 12 participants.
Please bring your own water bottles to class.*

*Hotel guests fee is \$10 per class and should be paid at the Health Club Desk prior to class.
Reservations are required. Please call ext. 6770 to reserve your spot.*