

FITNESS CLASS SCHEDULE

Effective February 1, 2021

Monday

Aqua Aerobics 8:00am & 9:00am
Turbo Tone 9:00am
Power Yoga 10:00am

Tuesday

Cycling 7:30am
Functionally Fit 8:30am
Gentle Yoga 1:00pm
Overachiever 5:15pm
Aqua Fitness 5:30pm

Wednesday

Aqua Aerobics 8:00am & 9:00am
Turbo Tone 9:00am
Gentle Yoga 6:00pm

Thursday

Cycling 7:30am
Functionally Fit 8:30am
Gentle Yoga 1:00pm
Total Body Blast 5:15pm
Aqua Fitness 5:30pm

Friday

Aqua Aerobics 8:00am & 9:00am
Move It 10:00am

Saturday

Cycling 8:00am
Weekend Warriors 9:00am
Power Yoga 11:00am

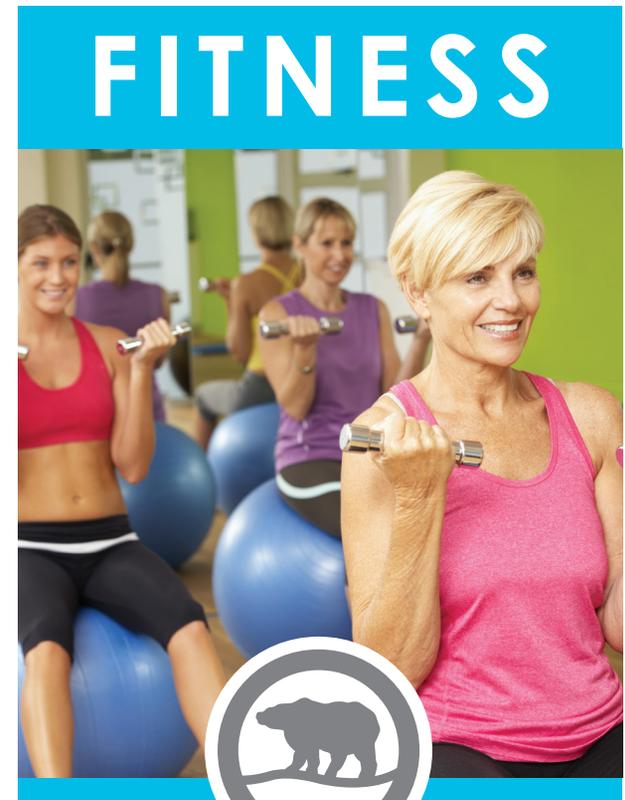
**Aqua Aerobics is limited to 13 participants.
Aqua Strength & Sculpt is limited to 8 participants.
Cycling classes are limited to 10 participants.
Yoga is limited to 12 participants. Please bring your own water bottles to class.*

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. Masks are required to be worn for fitness classes that are scheduled indoors.



GRAND TRAVERSE
RESORT AND SPA



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

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

**must use within 6 months of purchase.*

CLASS DESCRIPTIONS

Power Yoga (Monday 10am/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.

OverAchiever/Total Body Blaster (Tuesday/Thursday 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!

Gentle Yoga (Tuesday & Thursday 1pm, Wednesday 6pm 45 min)

Join our practice of the gentle art of yoga in the comfort of your own home with your computer on Zoom. 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. On-going classes will be offered on Thursdays at 1pm. Joining is easy, just contact the health club desk at 231-534-6770. If you are not familiar with using Zoom, don't worry, it's easy and we will walk you through it!

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.

Kickboxing (Not available at this time)

"Kick it up a notch" with this fast and furious cardio workout. A generous mix of kickboxing moves with built in strength segments. Designed for those who struggle to fit cardio in, this class is offered midday for a quick lunch break workout option. Modifications for beginner to advanced fitness.

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.

Move It (Friday 10am, 45 min) This class offers a fusion of Barre, Pilates, and Step movements to create a routine you will look forward to each week. Get caught up in the music, build strength and torch calories in this low-impact cardio option. Experience an original choreographed segment geared for those with two left feet.

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.

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.

Virtual and in person classes available. Please call the Health Club Desk at 231-534-6770, for the class code and password.

COVID-19 SAFETY MEASURES IN PLACE

