

## FITNESS CLASS SCHEDULE

Effective February 16, 2024

### 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

Yoga Flow 8:00am  
Aqua Aerobics 8:00am & 9:00am  
Turbo Tone 9:00am  
Barre Fusion 10:00am  
Gentle Yoga 5:45pm

### 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  
Saturday  
Cycling 8:00am\*\*  
Weekend Warriors 9:00am  
Yoga Flow 10:30am

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.



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

# PLAY

EVERY DAY, EVERY WAY.



## 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

### Training Consultation

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.

4 Sessions - \$225

8 Sessions - \$420

12 Sessions - \$580

\*Must use within 6 months of purchase.

Please scan this QR code to access Calendly, where you can request sessions with our Personal Trainer!



Email Jack Hiatt at [Jack.Hiatt@gtresort.com](mailto:Jack.Hiatt@gtresort.com) for more information.

## CLASS DESCRIPTIONS

### Aqua Aerobics

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.

### Barre Fusion

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

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!

Don't Just Sit, Be Fit is a low-impact exercise program that incorporates cardiovascular exercise and strength training with the use of a chair. This class gives you a full body workout, and includes upper and lower body training and stretching, with a focus on balance as well. A majority of the class will be conducted while seated in the chair with additional exercises in the standing position.

### Functionally Fit

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

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.

### Total Body Blaster

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

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

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

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.