



Dear GTRS Members,

As we celebrate a new year, I wanted to remind you of all the great fitness opportunities we have here at the resort. Not only do we have a rich schedule of group fitness classes and amazing instructors, we also have an amazing tennis program along with some of the best pros in the area.

We are pleased to announce the official certification of our pros in one of the hottest trends - Pickleball! On Sunday, January 9, Grand Traverse Resort and Spa hosted a Professional Pickleball Registry (PPR) Coach's Certification Workshop and Test. Four pros, Lisa Seymour, Mark Fries, Kyle Warner and George Lowe, all earned the designation "Certified Coach" of the PPR and are now available for Pickleball Lessons and Groups. Please contact George Lowe to set up your pickleball lesson or group, 231-534-6776. As the official education and certification partner of USA Pickleball, PPR is the standard when it comes to pickleball instructor certification.



Complimentary winter rentals are back! Club Members can explore the snow-covered property by snowshoes or on cross country skis. These rentals are complimentary for Club Members. For more information, please visit The Club or call us at 231-534-6770.

We will continue to strive to bring you exciting fitness opportunities over the course of the next year. Please note that there have been a few class start time adjustments, Yoga on Wednesday starts at 6:15pm and Saturday morning Yoga starts at 11:15am. Fitness Classes with the exception of Aqua Aerobics will be canceled the weekend of February 4-6 due to The Bob tennis tournament. Sunday 1/30 classes are canceled as well.

Pick up a brochure from the Health or check out our current fitness class schedule on our website: <https://www.grandtraverseresort.com/edit/pdf/Fitness%20Brochure%20January%202022.pdf>

I look forward to seeing you around the "club"!

Dawn Olsen, Director of Recreation and Spa

Important Resort Operations Changes:

Grand Traverse Resort and Spa will be undergoing scheduled maintenance beginning Sunday, January 16 through Wednesday, January 26. The scheduled maintenance will impact outlet hours of operation. Please refer to the information below for closures.

SPA GRAND TRAVERSE: normal business hours

HEALTH CLUB: normal business hours

AERIE: Closed January 23-25

SWEETWATER AMERICAN BISTRO: Closed January 20-26

JACK'S TAPROOM: Closed January 19-25

MARKETPLACE: Closed January 19-25

ROOM SERVICE: Closed January 20-26

THE DEN: Closed January 16-26, Open January 22 11am-10pm

GALLERY OF SHOPS: Closed January 20-26

GOLF ACADEMY: Normal business hours

We apologize for any inconvenience this may cause. For more details visit www.grandtraverseresort.com

Tennis Updates

We are working on addressing safety concerns on the tennis courts with regards to the sports flooring storage. The sports flooring that was protruding on Court 5 has been moved so that this court can be used for tennis and pickleball moving forward. We have purchased large vinyl curtains for both overhang areas on the two-court side and three court side to offer more of a barrier and improve the overall appearance. We will also be adding padding that will be adhered to the stacks of flooring around the perimeter of the courts.

Court Reservation Policy Reminders:

Members shall have a seven-day sign up privilege to reserve tennis court times. Court reservations may be made by calling 231-534-6770. The Member/Resort Guest reserving a court time must give his or her name and Membership number and the names of the other group members. No standing reservations will be accepted. There is a maximum of four (4) players to a court at one time. Children under 15 years old must be accompanied by an adult on the tennis courts.

Tennis Court Cancellation Policy: Indoor Tennis and Pickleball Court rentals and all private lessons have a 24 hour cancellation policy.

Please contact the Health Club desk at 231-534-6770, for all court cancellations and your tennis pro for all lesson cancellations to avoid charges.

Upcoming Event

"The Bob" is a tennis tournament honoring the memory of Bob Swanson - a fierce competitor; loyal friend and teammate; as well as a great sportsman. The tournament supports The Bob Scholarship Fund benefits high school seniors who embody Bob's spirit. The event will be held at Grand Traverse Resort and Spa. Divisions are Men's Doubles, Women's Doubles and Mixed Doubles Combined 6.0, 7.0, 8.0 and Open.

Registration is online only:

<https://playtennis.usta.com/Competitions/northernmichiganennisassociation/Tournaments/Overview/30791af7-9b6a-4508-95d8-3778a1d569ec>

Save on your Hotel stay when you book online using this link: <https://www.grandtraverseresort.com/promocode?promocode=BOB2022>

Need a partner? Post on the event page here: https://www.facebook.com/events/2955893987956763/?active_tab=discussion

65 and Over Tennis Tournament

Grand Traverse Resort and Spa would like to offer a 65 and over tennis tournament in 2022. Please contact George with your interest level and feedback on timing. We want to make sure we host it when everyone is able to play. Contact George at 231-534-6776, or George.lowe@gtresort.com.

Winter Spa Days

Warm up with these \$69* treatments:

50-Minute Warming Relaxation Massage - \$69

Our signature relaxation massage. This is a full body light to medium pressure massage that will melt away stress and send you to an ultimate state of relaxation.

50-Minute Microgreens Detox Facial - \$69

Protects your skin against the drying effects of the environmental stressors and reduces the signs of aging for brighter, younger looking skin. Natural phytoestrogens and antioxidants improve hydration and elasticity.

Express Mani/Pedi Combo - \$69

Relax and refresh with this nail maintenance combination. Receive all necessary maintenance on both the hands and feet, followed with an application of sweet cream lotion to leave you feeling moisturized.

Call to book your appointment at 231-534-6750.

**Available January 2-31, 2022, Monday-Friday only. Not valid with other offers. Based on availability. Certain other restrictions may apply. 20% gratuity is based off of original treatment.*