

The Grove Park Inn Resort & Spa Sports Complex

JUNE 2008 PROGRAMS



Hours of Operation:
 Monday-Saturday 6am-10pm
 Sunday 7am-10pm

Discover your Body's Age

The Sports Complex now offers a state-of-the-art fitness evaluation utilizing our new Polar Tri-Fit.

Receive an in-depth 22 page computerized personal profile which analyzes your health risks (heart, cancer, stress, depression, nutrition, and diabetes), cardiovascular fitness, muscular strength, flexibility, and body fat composition. With a weekly meal plan, cardiovascular and weight-training program, your personal goals will be attainable. Commit one hour to plan your future with a certified fitness consultant. Find out how young you can become!
 Call ext. 8899 or 8909



Personal Training The Sports Complex has a certified Personal Trainer available at ext. 8899 or 8909. You can also contact the Sports Complex for more information on ext.1046

Fitness Class Descriptions

Gentle Yoga Progressive stretching and strengthening to help eliminate chronic pain and tension. This is a safe class for all ages/abilities. One-hour class.

Yoga Basics Learn the basics of yoga as you build a solid foundation for a lifetime of yoga practice. If you have been wondering what yoga is about, this is the class for you! Safe for all levels. One-hour class.

Dynamic Yoga An energetic practice that focuses on alignment with the breath as you move in and out of a flow of postures. Modifications are given for all levels. Some experience is helpful. 80-minute class.

Body Sculpt Total body muscle strengthening using dumbbells, resistance bands, and balls. Great for beginners or conditioned athletes. We encourage everyone to work at his or her own fitness levels. Class duration is 60 minutes.

Cardio/Abs 40 minutes of a variety of aerobic exercises and 20 minutes of core muscle exercises. One-hour class.

W.E.T. Workout A water exercise training program to increase flexibility, strength and cardiovascular fitness. Especially effective for arthritis, weight management, pregnancy, rehabilitation and cross training. One-hour class.

Pilates Mat Class Learn skills dancers use to achieve balance and flexibility while lengthening and strengthening their bodies through mat work developed by Joseph Pilates. No dance experience necessary. One-hour class.

Cycle An innovative cardiovascular training program, which puts special emphasis on heart rate zone training to help individuals achieve their personal fitness goals. Heart rate monitors recommended. Water required. One-hour class

Cardio Pump This class combines high intensity moves for 3 minutes followed by 1 minute weight conditioning exercises at a lower intensity. Ab work finishes off this class. Easily modified for any fitness level. One-hour class.

Joint Juice The only way to keep those arthritic joints lubricated is to move them! Exercise to prevent stiffness and increase range of motion. One-hour class.



Compliment your healthy lifestyle by visiting The Spa Cafe.

Featuring Low Carb, Low Fat menu items to best suit your dietary needs.
 Hours of Operation
 Sunday thru Thursday 11-6
 Friday and Saturday 11-7
 Located on the Spa Level of the Resort.

CHILDREN'S PROGRAM

Cub's Adventure Camp:

Monday-Saturday

9:00-4:00pm \$55 w/Lunch

9:00-1:00pm \$40 w/Lunch

1:00-4:00pm \$30 w/o Lunch

*pre-registration is required,
 Ages 4-12

Kid's Night Out:

Monday-Saturday

6:00-10:00pm \$35

w/Dinner

*pre-registration is required,
 Ages 3-12

