



Fitness Center Hours of Operation

Monday, Tuesday
& Saturday
6:00 am - 6:00 pm

Sunday, Wednesday,
Thursday & Friday
6:00 am - 9:00 pm

FITNESS SERVICES

Fitness Center Orientations

Every sport and golf member must attend an orientation prior to using the fitness equipment. Orientation is approximately 15 minutes long.

Personal Training

Private fitness training tailored to your individual fitness goals. Your certified personal fitness trainer will assist you in developing a fitness exercises program with guidelines for creating and maintaining your cardio, strength and flexibility goals. Training sessions are available by appointment only.

SESSIONS

60 Minute Private Training Session: \$70
60 Minute Private Training Session including a customized training program: \$100
60 Minute Semi-Private Training Session: \$52 Each Person (2 people max.)

PACKAGES

4 (60 Minute) Private Training Sessions: \$250
8 (60 Minute) Private Training Sessions: \$500
12 (60 Minute) Private Training Sessions: \$750

Group Fitness Classes

*Please bring your own water bottle, towel and exercise mat.

STRENGTH FLEX FUSION

Monday, Wednesday, Friday: 8:30am - 9:30am

A full body workout class including elements of cardio-aerobics, strength and flexibility. This upbeat class utilizes weights, resistance bands, fit balls, glider discs and body weight drills. Exercise variations given to accommodate all fitness levels.

YOGA

Monday: 9:45am - 10:45am

Yoga for everybody and Every Body! Yoga classes incorporate movement and breathe in a gentle and flowing style. Connect your mind, body and spirit to enjoy gentle flexibility and gain strength. This class is about breathing, moving and smiling from the inside out. Modifications are offered in class to accommodate beginners alongside seasoned Yogis.

MAT PILATES

Friday: 9:45am - 10:45am

Mat Pilates exercises are aimed at improving flexibility and muscle tone, along with the spine and lower back. They also focus on body balance, as well as promoting mind-body awareness.

Please Note

For guests sponsored by a member, a daily fitness guest rate of \$15 for a single day or \$50 for a week is available. Please check with the Front Desk for further details. You must be 16 years of age or older to use any/all fitness equipment and enter the fitness room without adult supervision.