

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM					Yoga Mary	
8:00 AM	Circuit Class Ron	Water Aerobics Kim	Circuit Class Ron	Water Aerobics Kim	HIIT Ron	
8:30 AM						STRONG by Zumba Marcela/Ana
9:00 AM	Water Aerobics Lynn	Water Aerobics Kim	Water Aerobics Lynn/Kim	Water Aerobics Kim	Water Aerobics Lynn	
5:15 PM		Zumba Marcela		Zumba Marcela		
5:30 PM	Gentle Yoga Marlene				Zumba Marcela	
6:00 PM	Zumba Marcela / Giselle	STRONG by Zumba Marcela/Ana	Zumba Marcela / Giselle	STRONG by Zumba Marcela/Ana		
6:00 PM		Water Aerobics Lynn		Water Aerobics Lynn		
7:15 PM	STRONG by Zumba Marcela/Ana					

Class Descriptions:

Circuit Class: A muscular strength and endurance circuit alternates muscle groups to work the entire body while keeping the heart rate up.

HIIT: High intensity muscle workout to keep you moving and work the entire body. Modifications shown.

Zumba: A fun dance workout mixing low-intensity and high intensity moves for an interval-style, calorie burning dance fitness party.

STRONG by Zumba: combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music.

Water Aerobics: A low-impact workout that builds muscle strength and boosts your endurance.

Yoga: A less intense, non-strenuous, meditative and restorative form of yoga.



Health Club Membership Options

INDIVIDUAL	COST
Monthly	\$35.00 (auto draft only)
3 Months	\$102.00 pre-paid
6 Months	\$198.00 pre-paid
12 Months	\$360.00 pre-paid
NEW - Couple - 2 Adults	
Monthly	\$60.00 (auto draft only)
3 Months	\$174.00
6 Months	\$336.00
12 Months	\$648.00
FAMILY - 2 Adults, 2 Kids (under 18)	
Monthly	\$76.00 (auto draft only)
3 Months	\$222.00
6 Months	\$432.00
12 Months	\$840.00
Each additional child 13-18 years old	\$10.00
Each additional child 12 years and under	\$5.00
SENIOR - Swim ONLY (+62 years)	
1 Month	\$25.00 (auto draft only)
3 Months	\$69.00
6 Months	\$126.00
12 Months	\$228.00
SENIOR - Full Access	
1 Month	\$32.00 (auto draft only)
3 Months	\$90.00
6 Months	\$168.00
12 Months	\$312.00

AMENITIES:

- Large Indoor Swimming Pool
- Elliptical Machines
- Jacuzzi
- Treadmills
- Dry Sauna
- Rowing Machines
- Yoga Classes
- Stationary Bikes
- Water Aerobics
- Weight Machines
- Strength Classes
- Free Weights

Contact Ron Petoskey, Health Club Manager, with questions. rpetoskey@ilresorts.com