



FITNESS OPPORTUNITIES FOR GROUPS

Exercise, healthy meeting breaks and classes for your group.

Located at the Sports Village, the 3,300 sq. ft. Fitness Center offers your group state-of-the-art cardiovascular and strength training equipment, plus trained staff to work with your attendees on proper exercise, stretching and even pre-arranged fitness activities.

A visit to the Fitness Center comprises:

Warm-Up & Cool-Down Trail

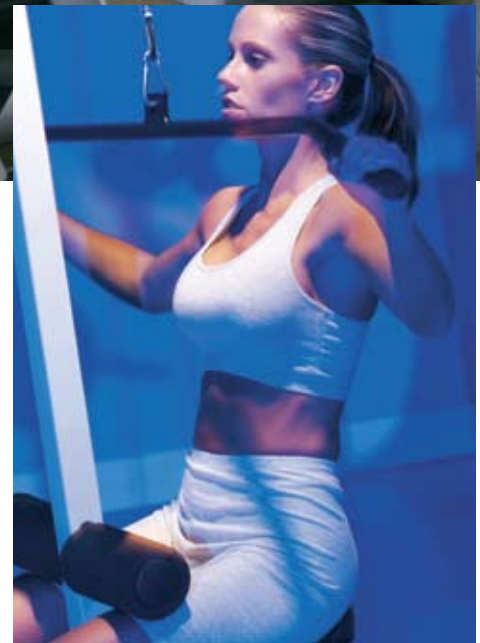
This 1/2 mile course has been specifically designed to both warm you up and cool you down to promote a safe workout session.

Cardiovascular Equipment

Our advanced Life Fitness and Woodway treadmills, stair steppers, upright, recumbent and Keiser spinning bicycles, and Elliptical Crosstrainer provide many options for a great cardiovascular workout.

Resistance Weight Training and Freeweights

From heavy lifting to light repetitions, our Cybex equipment, interchangeable free weight power blocks and bench presses, allow you to build muscle strength and tone.





In addition, our fitness staff can provide you with the following:

Rejuvenation Break

Designed to help develop the mind-body connection, this session focuses on combining exercises which can be done in small spaces and will enhance posture, breathing, blood flow and improve energy, needed to conquer those long days at the office or on the road.

Yoga, Exercise and Spinning Classes

A group activity with minimum and maximum requirements, which can be arranged so that your

group starts the day focused and refreshed.

Group Fitness Programs

Smaller groups can take advantage of our Core Development Session, which focuses on developing the abs and lower back (core) through stability, strength and balance exercises. Or, a fun and challenging Fitness Boot Camp is designed to help you burn calories, and stimulate proper muscle firming patterns.

Elite Training Center

Next to the resort's main Fitness Center is our Elite Training Center, where professional athletes train under the supervision of our fitness staff. Using Kaiser Strength Training equipment, individuals follow a prescribed, rigid training regime designed for a specific sport, and your group attendees can experience the same intensity with prior reservations.

