

FITNESS CENTER HOURS

Monday-Sunday 6:00am-9:00pm

Fitness Center

Etiquette/Courtesy Reminder's

- Sign-in before entering fitness center.
- Remove the individual weights off of any of the weight bars after use.
- Clean/wipe down the equipment after use.
- Report the time you started on the cardio equipment.
- Keep your cardio workout to a 30- minute maximum when other members are waiting.
- NO one under the age of 16 is permitted to use the fitness equipment. Ages 13-15 are eligible for an equipment orientation test by our Fitness Staff to allow usage of this room.

FITNESS CLASS FEES

Fitness Class Fees:

4 options available

1. Package of 20 classes
\$130 for TPCC Members
\$150 for Guests (checks payable to TPCC)
 2. Package of 10 classes
\$70 for TPCC Members
\$80 for Guests (checks payable to TPCC)
 3. Package of 5 classes
\$35 for TPCC Members
\$40 for Guests (checks payable to TPCC)
 4. Drop-in fee will be \$8/class for TPCC members only
- Complimentary class: come out and try any of our fitness classes for the first time and it will be on us!
 - Complimentary class for one of your guests in the month of September!
 - Complimentary class for you if your guest registers for a package!
 - Your fitness package will not expire until August 31st, 2011!

Travis Pointe Country Club



Fitness Fall 2010

Aquatic & Fitness Director
Kara Smith

Travis Pointe Country Club
2829 Travis Pointe Road
Ann Arbor, MI 48108
734-662-2582 Ext. 218
ksmith@travispointe.com

FITNESS CLASSES

September 13th - December 19th

PIYO™ is a physical mind/body journey that combines not only Pilate's and Yoga but also dance and strength. This class will work your balance, stability, agility, and endurance with movements that promote grace and power.

Sunday: 12:00pm-1:00pm

Instructor: Jennifer Leicht

YOGA is a class where you will move through a series of poses and postures which will benefit your body in the areas of strength, flexibility, and balance. You will gain energy through this class.

Tuesday: 6:30pm-7:30pm

Saturday: 9:00am-10:00am

Instructor: Jennifer Leicht

BASIC STEP AEROBICS is a class that concentrates on cardiovascular endurance and strength training. The workout is designed to accommodate adults at ALL levels of fitness. The instructor will "keep it simple" but add an element of progression to the program. The class will end with a cool down of light stretching.

Saturday: 10:00am-11:00am w/ Jennifer

Tuesday & Thursday: 8:30am-9:30am
w/ Christina

Instructors: Jennifer Leicht & Christina Vlahopoulos

TONING w/ FREE WEIGHTS is a class that will tone a little of everything.

This well-rounded class will sculpt your shoulders, arms, abs, and legs. The weight selection is up to you, giving you the freedom to vary your workout.

Wednesday: 6:00pm-7:00pm

Saturday: 11:00am-12:00pm

Instructor: Jennifer Leicht

BODY CONDITIONING AEROBICS

is a class that concentrates on a complete upper and lower body workout following warm stretches and light aerobics using weights, exercise bands, and fitness balls. Since weight size is up to the participant, this workout is tailored to ALL fitness levels. The one-hour workout ends with an abdominal segment as well as a cool down with stretching.

Monday: 5:30pm-6:30pm

Friday: 9:00am-10:00am

Instructor: Christina Vlahopoulos

CORE BODY (Abdominals) &

STRETCHING is a class that focuses on your core body or abdominal and back muscles. Training your core is essential for injury prevention, balance, stability, strength, power, speed, quickness, agility, and coordination. We will also include a flexibility segment to this course to enhance the training of your core. This class will accommodate adults at ALL fitness levels and abilities!

Monday: 10:00am-11:00am

Tuesday & Thursday: 9:30am-10:30am

Instructor: Christina Vlahopoulos

WATER AEROBICS is a class that is a workout combining flexibility training, aerobic conditioning, and strength training; all in a low-impact environment.

Depending on your intensity you can burn 400-700 calories in an hour of Cardio Aquacise! Water is a gentle way to exercise joints and muscles so those with arthritis, diabetes, fibromyalgia, and other bone or joint conditions will find tremendous benefits from this class.

Wednesday: 9:00am-9:45am

Instructor: Heidi Cutler

PERSONAL TRAINING

Personal Training sessions are available to all Travis Pointe members ages 13 and up. These sessions are designed to accommodate your busy schedule and focus on your individual fitness needs. Your trainer will design an individual personalized workout prescription to help you achieve your fitness goals.

	Session	Package
Individual	\$45	\$160
Couple	\$70	\$250
Group (per person)	\$30	\$120

***Package includes 4: 1-hour sessions**

To register, please call Kara Smith at 734-662-2582 Ext. 218 or

e-mail her at ksmith@travispointe.com

Complimentary Fitness

Lectures

September 22nd at 6:30pm

Igniting Fat Loss & Sparking Body Composition Improvement: *The Science, Theory, Practice, & Myths of Weight Management*

October 27th at 6:30pm

Nutrient Timing: *The Most Important Meal(s) of Your Day*

*Please note: Call the tennis office to register for the lecture. Space is limited. 734-662-2582