

PERSONAL TRAINING

ONE-ON-ONE PERSONAL TRAINING

\$60 members, \$65 guests (60 minutes)

Six-pack \$330 (Six 60-minute sessions)

Hire one of our nationally certified personal trainers to find a new twist on an old workout or simply get motivated to start working toward your goals.

THE GREAT OUTDOORS

\$60 Members, \$65 Guests (60 minutes)

Six-pack \$330 (Six 60-minute sessions)

Use Central Oregon's backdrop as your gym with personal trainers who specialize in outdoor training.

30 MINUTE REV-UP

\$40 Members, \$45 Guests

Let us pump you up with a 30 minute workout custom-designed to get you motivated!

GETTING STARTED CONSULTATION

\$35 Members, \$40 Guests (60 minutes)

Get moving with a custom designed workout that will be sure to get you started on the right foot.

ONE MONTH TUNE-UP

\$45 Members, \$50 Guests (45 minutes)

Custom designed workout every 30 days. Check in with a personal trainer to differentiate your workouts and keep things fresh; securing the best results. Sign up for the year!

FRIENDS AND FAMILY WORKOUT

\$60 first visit, \$30 each additional (up to 4 visits) (60 minutes)

Get motivated with group workouts! It is proven that if you work out with a friend you will be more committed. Let us get you there!

QUALITY OF LIFE WORKOUT

\$60 Members, \$65 Guests (60 minutes)

Designed to work with the challenges of active aging, including those individuals dealing with movement issues and/or chronic ailments. Sessions will include strength training, flexibility, stretching, breathing techniques and relaxation.

For more information or to book your personal training session please email:

sunriverpersonaltraining@sunriver-resort.com

SAGE TRAINERS



ANNA LEMBKE

Lead Personal Trainer,
Certified Wellness Coach



JASON KERNS



TERI JENDRO

ALL PERSONAL TRAINING INQUIRIES
SHOULD BE EMAILED TO:

[SUNRIVERPERSONALTRAINING@
SUNRIVER-RESORT.COM](mailto:SUNRIVERPERSONALTRAINING@SUNRIVER-RESORT.COM)

SAGE KNOWLEDGE

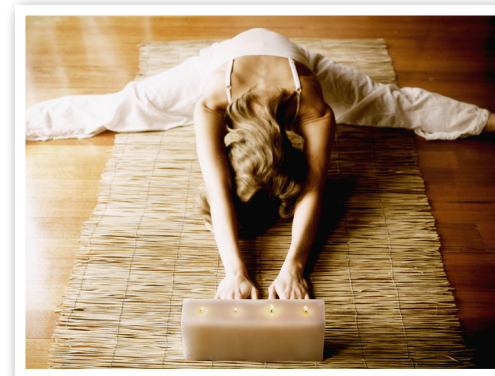
Adult fitness classes are complimentary for Club members and \$10 per class for guests.

The fitness club and lap pool are open to those 14 years and older. all children 14-17 must be accompanied and supervised by an adult 21 or older.

The lap pool is available daily open to close with the exception of water aerobics class time. please register desired time and lane at the club reception desk. the coed hydro spa is unavailable during water aerobics. the locker room hydro spa is for persons 18 years and older.

SAGE SPRINGS CLUB SPA

JANUARY 2012



CLUB HOURS:

MONDAY-FRIDAY

6AM-8PM

SATURDAY

7AM-8PM

SUNDAY

8AM-6PM

SPA DESK

541-593-7891

DIRECTOR OF TENNIS

541-593-7892

CLUB DESK & INDOOR TENNIS RESERVATIONS

541-593-7890

SAGESPRINGSSPA.COM

2012 FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
MORNING	7-7:45 AM WATER AEROBICS Button	6:15-7:15 AM HARD CORE Button	7-7:45 AM WATER AEROBICS Button	6:15-7:15 AM HARD CORE Button			
	7-8 AM ENERGY ZONE CYCLING Ron	7:30-8:30 AM PERSONAL TRAINER HOUR Anna	7-8 AM ENERGY ZONE CYCLING Ron	8:15-9:15 AM BEGINNING INDOOR CYCLING Debbie	7-8 AM ENERGY ZONE CYCLING Ron	7-7:45 AM WATER AEROBICS Button	7:30-8:30 AM HARD CORE Button
NOON	8:45-10 AM DANCE AEROBICS Barbara	8:45-9:45 AM VINYASA YOGA Toni	9-10 AM PERSONAL TRAINER HOUR Anna	9:35-10:05 AM STRETCH & TONE Amanda	8:45-9:45 AM VINYASA YOGA Toni	8:45-9:45 AM YIN & YANG YOGA Carin	8:30-9:00 AM AB CRUNCH Button
	10:15-10:45 AM TAI CHI Amanda	10-11 AM ZUMBA Laura	10:15-10:45 AM TAI CHI Amanda	10-11 AM ZUMBA Laura	10:15-10:45 AM TAI CHI Amanda	10:50-11:20 AM STRETCH & TONE Amanda	9:30-11AM PILATES WORKSHOP (Jan. 7th only) Jenny
EVENING	10:50-11:20 AM STRETCH & TONE Amanda	12:05-12:50 PM INTERVAL STEP Teri	11:05-12:05 PM ENERGY ZONE CYCLING Ron	11-11:55 AM LESS IS MORE Teri	12:05-12:50 PM INTERVAL STEP Teri	11:05-12:05 PM ENERGY ZONE CYCLING Ron	12:10-1:10 PM TURBO KICK Michelle
	11:30AM - 1PM PILATES WORKSHOP (Jan. 27th only) Jenny						
	3-5 PM PICKLE BALL Lisa	4-5 PM RESTORATIVE YOGA Sara	4-5 PM WATER AEROBICS Amanda	4-5:15 PM YIN YOGA Carin	4-5:15 PM SIVANANDA YOGA Carin	4:00-5:15 PM VIN YIN YOGA Sara	
	5:15-6 PM ROCK BOTTOM Button	5:30-6:30 PM YOUR RIDE CYCLING Debbie	5:15-6 PM CARDIO CIRCUIT TRAINING* Button	5:30-6:30PM FITNESS PROGRAM** Anna	5:15 - 6:15 PM AQUA TONE Kelsey	5:30-6:30 PM YOUR RIDE CYCLING Debbie	6-8 PM FAMILY SWIM Lap Pool
						6-8 PM FAMILY SWIM Lap Pool	6-8 PM FAMILY SWIM Lap Pool

*Circuit Training will take place on the fitness floor with music. Member using the any fitness equipment may continue to work out or join the class.

**Advanced Reservations Required, Please see monthly emails for fitness programs- currently Women's Wellness 6 Week Series.