

PLANNING FOR THE WEEK

MONDAY

8:15am	INTERVAL SCULPT	Sports Complex
9:30am	AQUA FIT	Indoor Pool
9:30am	GENTLE YOGA	Sports Complex
10am	ADVANCED ADULT SINGLES	Tennis Courts
10:30am	CORE YOGA	Sports Complex
11am	MYOFASCIAL RELEASE AND YOGA	Sports Complex
11:15am	INTRODUCTION TO GOLF	Golf Course
4pm	BEGINNER JUNIOR CLINIC	Tennis Courts
4:30pm	CYCLE	Sports Complex
5pm	INTERMEDIATE JUNIOR CLINIC	Tennis Courts
6pm	YOGA MEDITATION	Sports Complex
6:30pm	ADVANCED TENNIS CLINIC	Tennis Courts
7pm	LIVE ENTERTAINMENT	The Great Hall

TUESDAY

8:15am	CYCLE/ABS	Sports Complex
9am	ADVANCED ADULT DOUBLES	Tennis Courts
9:30am	AQUA FIT	Indoor Pool
9:30am	SUBTLE YOGA	Sports Complex
10:30am	BEGINNER ADULT DOUBLES	Tennis Courts
11:15am	INTRODUCTION TO GOLF	Golf Course
4:30pm	JUNIOR ACADEMY TENNIS	Tennis Courts
4:30pm	PILATES	Sports Complex
6pm	GENTLE YOGA	Sports Complex
6:30pm	ADVANCED TENNIS CLINIC	Tennis Courts
7pm	LIVE ENTERTAINMENT	The Great Hall

WEDNESDAY

8:15am	BODY SCULPT	Sports Complex
9am	GUIDED HISTORY TOUR	Concierge Desk
9:30am	AQUA FIT	Indoor Pool
9:30am	FLOW YOGA	Sports Complex
10am	ADVANCED ADULT SINGLES	Tennis Courts
11:15am	INTRODUCTION TO GOLF	Golf Course
11:30am	STEP, FLOW AND STRETCH	Sports Complex
11:45am	PICKLEBALL CLINIC	Tennis Courts
4pm	BEGINNER JUNIOR CLINIC	Tennis Courts
4pm	CYCLE	Sports Complex
5pm	INTERMEDIATE JUNIOR CLINIC	Tennis Courts
6:15pm	PILATES	Sports Complex
7pm	LIVE ENTERTAINMENT	The Great Hall

SPORTS COMPLEX HOURS

Mon-Sat 6am-10pm, Sun 7am-10pm

INDOOR POOL Mon-Sat 6am-9:30pm, Sun 7am-9:30pm



THURSDAY

8:15am	ALIGNMENT YOGA	Sports Complex
9am	ADVANCED ADULT DOUBLES	Tennis Courts
9am	GUIDED HISTORY TOUR	Concierge Desk
9:30am	AQUA FIT	Indoor Pool
10am	PILATES LEVEL 2	Sports Complex
10:30am	BEGINNER ADULT DOUBLES	Tennis Courts
11:15am	INTRODUCTION TO GOLF	Golf Course
4:30pm	JUNIOR ACADEMY TENNIS	Tennis Courts
5:45pm	GENTLE YOGA	Sports Complex
7pm	LIVE ENTERTAINMENT	The Great Hall
9pm	DUELING PIANO ENTERTAINMENT	Elaine's

FRIDAY

8:15am	INTERVAL SCULPT	Sports Complex
9am	GUIDED HISTORY TOUR	Concierge Desk
9:30am	AQUA FIT	Indoor Pool
9:30am	FLOW YOGA	Sports Complex
11:15am	INTRODUCTION TO GOLF	Golf Course
11:15am	BALANCE	Sports Complex
12:30pm	STEP, FLOW AND STRETCH	Sports Complex
4pm	CYCLE	Sports Complex
5-9pm	SEAFOOD BUFFET	Blue Ridge
5:30pm	GENTLE YOGA	Sports Complex
5:30pm	LIVE ENTERTAINMENT	The Great Hall
9pm	DUELING PIANO ENTERTAINMENT	Elaine's

SATURDAY

8:15am	CYCLE	Sports Complex
9am	ADVANCED ADULT DOUBLES	Tennis Courts
9am	GUIDED HISTORY TOUR	Concierge Desk
9am-4pm	CHILDREN'S PROGRAM	Sports Complex
9:30am	YOGA BASICS	Sports Complex
11:15am	INTRODUCTION TO GOLF	Golf Course
5-9pm	PRIME RIB BUFFET	Blue Ridge
5:30pm	LIVE ENTERTAINMENT	The Great Hall
6pm	KIDS' NIGHT OUT	Sports Complex
9pm	DUELING PIANO ENTERTAINMENT	Elaine's

SUNDAY

9:30am	YOGA BASICS	Sports Complex
11:15am	INTRODUCTION TO GOLF	Golf Course
11:15am	YOGA MEDITATION	Sports Complex
12-2:30pm	SUNDAY CHAMPAGNE BRUNCH	Blue Ridge
7pm	LIVE ENTERTAINMENT	The Great Hall

*Schedule is subject to change and may vary during holidays.



VISIT US ON THE WEB

Please scan here or visit
OMNIHOTELS.COM/GROVEPARK
for more information.

SCHEDULE EFFECTIVE JANUARY 2 - APRIL 1, 2020

ACTIVITIES

ALIGNMENT YOGA \$

Vigorous hatha yoga that celebrates the heart while focusing on alignment. All levels welcome. **90 mins.**

AQUA FIT \$

The water becomes the optimal gym environment. The resistance and buoyancy of the water will leave you refreshed and energized. Held at our Indoor Pool. **60 mins.**

BALANCE \$

Infusing tai chi with muscle strengthening movement to improve core strength, balance and coordination. **60 mins.**

BODY SCULPT \$

Total body muscle strengthening using dumbbells, resistance bands and balls. Great for beginners or conditioned athletes. **60 mins.**

CORE YOGA \$

This yoga class focuses on the muscle groups that connect and support the body. **30 mins.**

CYCLE \$

An innovative cardiovascular training program with emphasis on heart rate zone training to help individuals achieve their fitness goals. *Heart rate monitors recommended. Water required.* **60 mins.**

CYCLE/ABS \$

This class includes interval cycle drills and midsection movement focusing on abs and backs. **60 mins.**

FLOW YOGA \$

Focus on alignment with the breath as you move in and out of a flow of postures. *Some experience is helpful.* **90 mins.**

GENTLE YOGA \$

Restorative, progressive stretching and strengthening that helps eliminate chronic pain and tension. This is a safe class for all abilities. **60 mins.**

INTERVAL SCULPT \$

Keep your muscles guessing! The class includes varied cardiovascular and strength combinations in an interval format. **60 mins.**

★ INTRODUCTION TO GOLF R

Let our golf professionals open the world of golf to you. This introduction to the game of golf is a clinic that covers basic rules, etiquette and the PGAs of golf (posture, grip and alignment). Clubs will be provided. Proper golf attire is required. *Please call 24 hours in advance to sign up at EXT. 1034 weather permitting.*

JUNIOR TENNIS

BEGINNER JUNIOR CLINIC | Great introduction to tennis with red dot ball practice. Ages 5-9. **60 mins.**

INTERMEDIATE JUNIOR CLINIC | Focus on footwork and stroke technique in combination with orange and green dot ball practice. Ages 8-13. **90 mins.**

JUNIOR ACADEMY TENNIS | Includes competitive match scenarios, advanced drills and conditioning with green dot and adult ball practice. Must have tennis experience. Ages 10-18. **120 mins.**

MYOFASCIAL RELEASE AND YOGA \$

Discover a gentle practice that aides increasing range of motion and reducing pain while utilizing props and yoga poses to massage and release excess tension. **60 mins.**

PICKLEBALL \$

Learn the fundamentals of this fun sport that combines many elements of tennis, badminton and ping-pong. **90 mins.**

PILATES \$

Learn skills dancers use to achieve balance and flexibility while lengthening and strengthening their bodies through mat work developed by Joseph Pilates. No dance experience necessary. **60 mins.**

STEP, FLOW AND STRETCH \$

Join us for an energizing session to get your heart beating, muscles moving and limbs lengthening. **90 mins.**

SUBTLE® YOGA \$

Subtle® Yoga is a therapeutic, health promoting and transformative system that marries traditional yoga with evidence based health practices. It integrates health and personal growth with postures, incorporating breath work, meditation and philosophy. **90 mins.**

TENNIS R \$

ADVANCED ADULT DOUBLES | Focus on aggressive doubles strategy. Levels 3.5 and up.

ADVANCED ADULT SINGLES | Focus on singles strategy and Stroke of the Week. Levels 3.5 and up.

ADVANCED TENNIS CLINIC | Qualified players will enjoy aggressive play with competitive drills. Levels 4.0 and up.

BEGINNER ADULT DOUBLES | Focus on the fundamentals of stroke production and doubles tennis. Levels 2.5 and up. **90 mins.**

YOGA BASICS \$

Learn basic yoga postures using props and paying attention to alignment. This class is good for first time yogis. **90 mins.**

YOGA MEDITATION \$

Join yoga asanas with breathwork, guided imagery and silent meditation to stretch, strengthen and steady your mind. **60 mins.**

★ CHILDREN'S PROGRAM/KIDS' NIGHT OUT R \$

We welcome our youngest guests with a set of fun, supervised activities to enjoy, including arts and crafts, swimming, group games, sports and, when noted, lunch or dinner.

Children's Program Saturdays 9am-4pm

Kids' Night Out: Saturdays 6-10pm

Available for children of hotel guests and members ages 5-12.

Please call EXT. 1046 to sign up. 24-hour advance reservations are required. Cancellations must be received at least 4 hours in advance to avoid full cost. Half-day programs are also available. Parents/guardians are required to stay on property while children participate in the program.



INDOOR TENNIS COURTS