RESORT GUIDE

Omni Resorts
the grove park inn
asheville
Winter 2020
EATING

EDISON, CRAFT ALES + KITCHEN ★ ★ ★ ★ ★
This innovative restaurant and bar brings together the food culture and local flavors of the region, offering seating with panoramic views of the Blue Ridge Mountains. EDISON serves regionally inspired farm-to-table cuisine, fun and artistic setting. EDISON lunch hours are weather permitting and subject to change. Sun-Thur 11am-10pm, Fri + Sat 11am-midnight

YUE 1913, AN AMERICAN BRASSERIE ★ ★ ★ ★
Yue 1913 is located at the far end of the Sammons Wing. This American twist on a classic European style restaurant offers guests a comfortable and stylish setting for a leisurely meal designed only with the love of food in mind. nightly 5:30-10:30pm

BLUE RIDGE ★ ★ ★ ★ ★
Our turn-to-table artisanal buffet overlooks the majestic Blue Ridge Mountains. The award winning Friday night seafood buffet, Saturday night prime rib buffet and the renowned Sunday champagne brunch are not to be missed. Art of Breakfast daily 6:30-10:00am. Dinner buffet, Fri + Sat 5-9pm. Sunday brunch, noon-2:30pm

SPA CAFÉ ★ ★ ★
This café features fresh, house made juices and smoothies, healthy breakfasts, salads, sandwiches and wraps. This is an intimate dining spot with indoor and outdoor seating, offering a relaxed environment to enjoy a light, fresh, nourishing meal with a juice, smoothie or even a glass of Champagne or a cocktail. Daily 7:30am-6pm

THE GREAT HALL BAR ★ ★ ★ ★ ★
This iconic bar is a magnificent place to soak up the history and tradition of The Omni Grove Park Inn and boasts an impressive beverage menu led by signature cocktails. The charm is old-world rustic. Live music and entertainment unfold nightly and immense 16-ft. stone fireplaces flank the space. Sun-Thur 11am-midnight, Fri + Sat 11am-1am

EDISON, CRAFT ALES + KITCHEN ★ ★ ★ ★ ★
This innovative bar focuses on local favorites, including house made cocktails, locally brewed beer and regionally inspired food. EDISON’s bar is the ideal venue to relax and watch your favorite team on game day while enjoying panoramic views of the Blue Ridge Mountains. EDISON lunch hours are weather permitting and subject to change. Sun-Thur 11am-10pm, Fri + Sat 11am-midnight

PRESIDENTS LOUNGE ★ ★ ★ ★ ★
Your private selection of wines by the glass, handcrafted cocktails and a variety of small plates, Presidents Lounge caters to your before and after dinner plans. Looking out across the cityscape of downtown Asheville and the Blue Ridge Mountains, you can relax as the sunset paints the sky. Located just past the Heritage Ballroom in the Sammons Wing. Fri + Sat 5-10pm

ELAINE’S DUELING PIANO BAR ★ ★ ★ ★
Music meets comedy at this nighttime hot spot, featuring the high-energy entertainment of dueling pianos. Hip signature drinks as you laugh the night away. Located on level “E” of the Vanderbilt Wing atrium. Entertainment starts at 9pm. Must be 21 years of age or older. Thur-Sat 8-11pm

THE MARKETPLACE ★ ★ ★ ★ ★
At the course of our retail promenade, The Marketplace is the perfect place to get a Feet® coffee and house made pastry or to pick up a sandwich or house made pizza for a quick meal. Stop by our adjacent sweets boutique, The Pink Pig, for a frozen treat or decadent dessert. Located in the Vanderbilt Wing on Lobby Level. Sun-Thur 6-9pm, Fri + Sat 6-10pm

IN-ROOM DINING ★ ★ ★ ★ ★
Available 24 hours, Daily. Please refer to your in-room menu for dining options. EXT 1515
★ Serves breakfast ★ Serves lunch ★ Serves dinner
All-day dining ★ Serves cocktails ★ Reservations may be booked on OpenTable.com

EVENTS

2020 WINTER CONCERT SERIES ★ ★ ★ ★ ★
BIG BAND AND COMEDY LEGENDS
Whatever the winter temperature outside, The Omni Grove Park Inn will remain warm and toasty, serving award-winning musical and comedy talent in style. The 31st annual series will feature activities and concerts wrapped up in themed weekend packages offering tickets, accommodations, breakfast each morning and more.
Call 800.438.5800 to purchase your package. January 10 – 11, 2020 – Big Band Dance Weekend February 8, 2020 – Comedy Classic

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Due to North Carolina law, alcohol will not be served prior to 10am on Sundays.

QUICK CONTACTS
Operator EXT 0 OR 828-252-2771
Dining Options EXT 1011
Concierge Desk EXT 7205
The Floral Shop EXT 2046
Private Tennis Lessons EXT 1046

RELAXING

SPA TREATMENTS AGES 18+ ★ ★ ★ ★ ★
Available to enjoy our spa’s spa offerings, including facials, massages, body treatments and more. Your visit includes complimentary use of our spa pools and amenities all day long, regardless of your scheduled treatment time. The Spa is a completely electronics free environment. Please leave all electronics, including cell phones, cameras, iPads, e-readers, in your room or locker throughout your visit to The Spa. Daily 8am-9pm. EXT 2772

SPA POOLS AND DAY PASSES AGES 18+ ★ ★ ★ ★ ★
Take it for yourself and enjoy our spa’s 18,000-sq. ft. amenities, including relaxation pools, exhilarating contrast pools, a lap pool, an inhalation room, a sauna, a eucalyptus-infused steam room and much more. Or, simply relax, sip herbal teas and savor refreshments in our separate Men’s and Women’s Relaxation Lounges. A Spa Day Pass provides access to The Spa without a scheduled treatment. Day Passes, when available, are open to resort guests only. Monday-Thurs, beginning at 10am. EXT 2772

SPA BOUTIQUE
Whether or not you decide to join us for a treatment, consider stopping by the Spa Boutique. Take your spa experience home with you. Our Signature spa line, skin and body elixirs, clothing, gift baskets and more. Sh ing for the Week insert. Daily 8am-9pm. EXT 7470

SPA CAFÉ ★ ★ ★
Located adjacent to The Spa, the Spa Café offers fresh, house made juices and smoothies, healthy breakfasts, salads, sandwiches and wraps. This is an intimate dining spot with indoor and outdoor seating, offering a relaxed environment to enjoy a light, fresh, nourishing meal or even a glass of Champagne or a cocktail. Daily 7:30am-6pm

RESORT POOL
Our 50,000-sq. ft. Sports Complex houses an indoor fitness and family pool kept at the ideal temperature to play in year round. Come enjoy this pool and other fun amenities our Sports Complex has to offer. Mon-Sat 6am-9:30pm, Sun 7am-9:30pm. EXT 1048

YOGA ★ ★ ★ ★ ★
Sports Complex fitness classes are offered for guests of all fitness levels, from beginner to experts. Sign up for Gentle Yoga or Subtle Yoga to get started. Or, for a greater challenge, try Flow Yoga. See Planning for the Week insert. EXT 1048
**Sports Complex Hours**

Monday-Saturday 6am-10pm, Sunday 7am-10pm

**Indoor Pool**

Monday-Saturday 6:30am-9:30pm, Sunday 7:30am-9:30pm

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**PLANNING FOR THE WEEK**

**MONDAY**

8:15am | INTERVAL SCULPT | Sports Complex
5:30am | GENTLE YOGA | Sports Complex
7:30am | ADVANCED ADULT SINGLES | Tennis Courts
10:30am | CORE YOGA | Sports Complex
11:45am | BEGINNER JUNIOR CLINIC AND TENNIS | Tennis Courts
4pm | BEGINNER JUNIOR CLINIC | Tennis Courts
8pm | YOGA MEDITATION | Sports Complex
9pm | ADVANCED TENNIS CLINIC | Tennis Courts
9pm | LIVE ENTERTAINMENT | The Great Hall

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**TUESDAY**

8:15am | CYCLE| Sports Complex
9:30am | ADVANCED ADULT DOUBLES | Tennis Courts
11am | AQUA FIT | Indoor Pool
1pm | FLOW YOGA | Sports Complex
3pm | ADVANCED ADULT DOUBLES | Tennis Courts
11:15am | INTRODUCTION TO GOLF | Golf Course
4:30pm | JUNIOR ACADEMY TENNIS | Tennis Courts
5pm | PILATES | Sports Complex
6pm | GENTLE YOGA | Sports Complex
7pm | BEGINNER JUNIOR CLINIC | Tennis Courts
7pm | LIVE ENTERTAINMENT | The Great Hall

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**WEDNESDAY**

8:15am | BODY SCULPT | Sports Complex
9:30am | GUIDED TOUR | Orange Lake
9:30am | AQUA FIT | Indoor Pool
12pm | FLOW YOGA | Sports Complex
1pm | ADVANCED ADULT DOUBLES | Tennis Courts
11:45am | INTRODUCTION TO GOLF | Golf Course
11:30am | STEP AND STRETCH | Tennis Courts
5pm | PICKLEBALL CLINIC | Tennis Courts
7pm | BEGINNER JUNIOR CLINIC | Tennis Courts
9pm | CYCLE | Sports Complex
9pm | INTERMEDIATE JUNIOR CLINIC | Sports Complex
10:15pm | PILATES | Sports Complex
7pm | LIVE ENTERTAINMENT | The Great Hall

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**THURSDAY**

8:15am | ALIGNMENT YOGA | Sports Complex
9:45am | GUIDED HISTORY TOUR | Orange Lake
9:30am | AQUA FIT | Indoor Pool
11:15am | INTRODUCTION TO GOLF | Golf Course
10:30am | BEGINNER JUNIOR CLINIC | Tennis Courts
1pm | JUNIOR ACADEMY TENNIS | Tennis Courts
1pm | GENTLE YOGA | Sports Complex
1pm | LIVE ENTERTAINMENT | The Great Hall
4:30pm | DUELING PIANO ENTERTAINMENT | Elaine's

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**FRIDAY**

8:15am | INTERVAL SCULPT | Sports Complex
9:30am | GUIDED HISTORY TOUR | Orange Lake
9:30am | AQUA FIT | Indoor Pool
11:15am | INTRODUCTION TO GOLF | Golf Course
11:30am | BALANCE | Sports Complex
12:30pm | STEP AND STRETCH | Sports Complex
4pm | CYCLE | Sports Complex
4pm | SEAFOOD BUFFET | Blue Ridge
7pm | GENTLE YOGA | Sports Complex
7:30pm | LIVE ENTERTAINMENT | The Great Hall
9pm | DUELING PIANO ENTERTAINMENT | Elaine's

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**SATURDAY**

8:15am | CYCLE | Sports Complex
9:30am | ADVANCED ADULT DOUBLES | Tennis Courts
10:30am | GUIDED HISTORY TOUR | Orange Lake
11am | ENERGIZED SWIMMERS | Sports Complex
11:45am | YOGA BASICS | Sports Complex
12pm | INTRODUCTION TO GOLF | Golf Course
2pm | PRIME RIB BUFFET | Blue Ridge
3pm | JUNIOR ACADEMY TENNIS | Sports Complex
4pm | KIDS NIGHT OUT | Sports Complex
4:30pm | DUELING PIANO ENTERTAINMENT | Elaine's

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**SUNDAY**

9:30am | YOGA BASICS | Sports Complex
11:15am | INTRODUCTION TO GOLF | Golf Course
12:15pm | JUNIOR ACADEMY TENNIS | Sports Complex
2:15pm | SUNSET CHAMPAGNE BRUNCH | Blue Ridge
4pm | LIVE ENTERTAINMENT | The Great Hall

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**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 muscles that connect and support the body. 30 mins.

**CYCLE**

An intensive 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 back. 60 mins.

**FLOW YOGA**

Focus on alignment with the breath as you move in and out of a flow of postures. 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**

Get an introduction to the world of golf. 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. 1046 weather permitting.

**JUNIOR TENNIS**

BEGINNER JUNIOR CLINIC | Great introduction to tennis with red dot ball practice. Ages 5-10 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 aids in 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.

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**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**

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.

**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 classes with breathwork, guided imagery and silent meditation to stretch, strengthen and steady your mind. 90 mins.

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**CHILDREN’S PROGRAM/KIDS’ NIGHT OUT**

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 are required to stay on property while children participate in the program.

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**SCHEDULE EFFECTIVE JANUARY 2 - APRIL 1, 2020**

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Please scan here or visit OMNIONHOTELS.COM/GROVEPARK for more information.
RESORT AREA MAP - For on-property shuttle service, please call Ext. 7045 or visit Guest Services in The Great Hall.

GUEST ROOMS

MAIN INN
All three-digit rooms are located in the Main Inn

SAMMONS WING
All four-digit rooms ending with the numbers 11-44 are located in the Sammons Wing

VANDERBILT WING
All four-digit rooms ending with the numbers 50-77 are located in the Vanderbilt Wing

SPA
Take the guest floor elevators in the Sammons or Vanderbilt Wing to access the Spa tunnel

ELAINE’S DUELING PIANO BAR
Take the Atrium elevator to level ‘E’ in the Vanderbilt Wing

MEETING ROOMS
All meeting rooms are located as listed below.

VANDERBILT WING
8TH FLOOR
The Grand Ballroom
Coolidge Suite
Eisenhower Suite
Hoover Suite
Roosevelt Suite
Taft Suite
Wilson Suite

SAMMONS WING
LOBBY LEVEL
Heritage Ballroom
Skyline Room
Dogwood Suite
Laurel Suite
Rhododendron Suite

DAILY RESORT CHARGE AMENITIES

• High-speed internet
• In-room coffee and tea
• Complimentary bottled water, two bottles available in room upon arrival
• On-property shuttle service
• History tours, Wed.-Sat. guided, Sun.-Tues. self-guided
• Access to the Sports Complex
• Complimentary USA Today, available in the lobby

The Omni Grove Park Inn is a smoke-free property with designated outdoor smoking areas.