



THE  
**HAVENS**  
COUNTRY CLUB

Fitness Center  
Hours of Operation

Monday, Tuesday  
& Saturday  
6:00 am - 6:00 pm

Sunday, Wednesday,  
Thursday & Friday  
6:00 am - 9:00 pm

# FITNESS SERVICES

## Personal Training

Private fitness training tailored to your individual fitness goals. Your certified personal fitness trainer will assist you in developing a fitness exercises program with guidelines for creating and maintaining your cardio, strength and flexibility goals. Training sessions are available by appointment only.

### SESSIONS

60 Minute Private Training Session: \$70  
60 Minute Private Training Session including a customized training program: \$100  
60 Minute Semi-Private Training Session: \$52 Each Person (2 people max.)

### PACKAGES

4 (60 Minute) Private Training Sessions: \$250  
8 (60 Minute) Private Training Sessions: \$500  
12 (60 Minute) Private Training Sessions: \$750

## Group Fitness Classes

\*Please bring your own water bottle, towel and exercise mat.

### STRENGTH FLEX FUSION

**Monday, Wednesday, Friday: 8:30am - 9:30am**

A full body workout class including elements of cardio-aerobics, strength and flexibility. This upbeat class utilizes weights, resistance bands, fit balls, glider discs and body weight drills. Exercise variations given to accommodate all fitness levels.

### PURLEY CORE

**Monday: 9:45am - 10:45am**

Purely Core is designed to build core muscle groups and improve posture through exercises that strengthen the abdomen and back muscles while increasing flexibility. This class may include a variety of equipment.

### YOGA

**Wednesday: 9:45am-10:45am**

Yoga for everybody and Every Body! Yoga classes incorporate movement and breathe in a gentle and flowing style. Connect your mind, body and spirit to enjoy gentle flexibility and gain strength. This class is about breathing, moving and smiling from the inside out. Modifications are offered in class to accommodate beginners alongside seasoned Yogis.

### MAT PILATES

**Friday: 9:45am - 10:45am**

Mat Pilates exercises are aimed at improving flexibility and muscle tone, along with the spine and lower back. They also focus on body balance, as well as promoting mind-body awareness.

## Please Note

For guests sponsored by a member, a daily fitness guest rate of \$15 for a single day or \$50 for a week is available. Please check with the Front Desk for further details. You must be 16 years of age or older to use any/all fitness equipment and enter the fitness room without adult supervision.