



GRAND TRAVERSE  
RESORT AND SPA

# GROUP RECREATIONAL ACTIVITIES

Grand Traverse Resort and Spa is excited to offer your group a variety of team building activities created to help your organization become more successful by having fun. From fitness classes to relaxing beachside fires, we offer something for everyone.

## PRIVATE FITNESS OR YOGA CLASS

\$25 per person | Indoor or outdoor (weather permitting) | A minimum of 10 participants required

**Spin Class** | The ride will combine dynamic movement and high-intensity interval training with musical motivation. We'll run, sprint, push and fight through a workout that will light you up and keep your heart rate pumping for the rest of the day.

*\* Maximum of 10 participants. 50-minute class with a 10-minute cool down/stretch. Towels and cold eucalyptus towels are provided.*

**Tabata** | Tabata is a highly effective method to achieve maximum results by helping build muscles and burn fat. This training breaks a workout down into clearly defined intervals. Tabata is a high-intensity training that consists of exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. The rapid alternating between exercise and rest will increase your heart rate and metabolism immediately, giving you a tough but rewarding workout.

*\* 50-minute class with a 10-minute cool down/stretch. Towels and cold eucalyptus towels are provided.*

**Workout Warrior** | Designed to motivate and challenge, this fitness class will not disappoint. This interval training class will move you from one station to the next, keeping your heart rate up for maximal fat burn. Come ready to fight like a warrior as you prepare for the week ahead. All fitness levels are welcome. Set your own pace.

*\* 50-minute class with a 10-minute cool down/stretch. Towels and cold eucalyptus towels are provided.*

**Yoga** | Relax as our instructor walks you through meditative exercises and stretches that will help you start your morning out right. This class is sure to leave you feeling invigorated and ready to face whatever the day may bring.

*\* Mats and blocks included. Towels and cold eucalyptus towels are provided.*

## TENNIS OR PICKLEBALL

**Lessons & Clinics** | Have a certified pro run a lesson or clinic for your group on one of our indoor or outdoor tennis or pickleball courts. Our pros are certified to teach tennis and pickleball to large groups using game-based methods that are engaging and fun!

1-2 people with pro: \$80 per hour

3-4 people with pro: \$30 per person, per hour

5+ people with pro: \$25 per person, per hour

**Tournaments, Mixers, Round Robins** | Get your group on the court in a fun, team building, competitive way by hosting a round robin or tournament. Our pros are ready to assist you with developing an event for any size group using our indoor and/or outdoor tennis and pickleball courts.

Court rental: \$30 per hour

Pro rate to run event: \$80 per hour

Contact George Lowe, Director of Tennis at [george.lowe@gtresort.com](mailto:george.lowe@gtresort.com) or 231-534-6776 to book.

## WINTER ONLY ACTIVITIES

**Snowshoes & Cross Country Skis** | Enjoy a winter wonderland on our trails.

Cross Country Skis \$20 for 2 hours or \$40 per day | Snowshoes \$15 for 2 hours or \$30 per day

*\* Please note winter rentals availability is based on weather conditions and inventory.*

## SUMMER ONLY ACTIVITIES

**Beachside Bonfires** | Your group can enjoy a bonfire with private seating area at our beach located on East Grand Traverse Bay.

\$125 for 2 hours | \$150 for 2 hours and s'mores

*\* Bonfires end at 9pm Sunday-Friday. Bonfires unavailable on Saturdays. Only available June-August.*

**Private Volleyball Package** | Volleyball nets are located at our Private Beach Club on East Grand Traverse Bay. The package includes court, volleyballs, scorecards, complementary water and towels.

\$125 for 2 hours

*\* Only available June-August.*

**5K Fun Run Package** | This package includes a marked 5K route, start and finish flags, registration tables, and complementary water.

\$200 per 5K Run

*\* Runs cannot start earlier than 7am. Only available June-September.*

## ADDITIONAL OFFERINGS

**Extending Business Hours** | \$100 per hour

**Private Section at Indoor or Outdoor Pool** (weather permitting) | \$100 per hour

**Cornhole or Jenga** | \$50 per set

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To book or for more information, contact **Charleigh Culp** at: **231-534-6788**  
or **[Charleigh.Culp@gtresort.com](mailto:Charleigh.Culp@gtresort.com)**

*Owned & Operated by the Grand Traverse Band of Ottawa & Chippewa Indians*