

## PERSONAL TRAINING SESSIONS

Learn proper techniques and suggestions to benefit your overall health and wellbeing.

### PRIVATE RATES

#### 30 Minute Session

1 Session — Member \$38 / Non-Mem \$48

5 Sessions — Member \$185

10 Sessions — Member \$365

#### 60 Minute Session

1 Session — Member \$60 / Non-Member \$70

5 Sessions — Member \$275

10 Sessions — Member \$565

### PARTNER RATES

#### 30 Minute Session Rates are per person

1 Session — Member \$25 / Non-Mem \$35

5 Sessions — Member \$120

10 Sessions — Member \$210

#### 60 Minute Session Rates are per person

Member \$35 / Non-Member \$45

5 Sessions — Member \$150

10 Sessions — Member \$315

## PERSONAL TRAINING STAFF



**Marlene Powell** Fitness Director  
ACE certified



**Mollie Harrison**  
ACE certified



**Luke Sanders**  
ISSA certified

### Fitness Class Descriptions

- **Aqua** – Offers a great range of benefits, without many of the drawbacks of intense exercise classes. Helps you lose weight, get stronger and improve your fitness too!
- **Aqua Aero Mix** – A fun, low impact workout using the water as resistance, this class is a hybrid of aqua aerobics and aqua Zumba. Great for anyone with joint pain.
- **Balance & Flex** – Standing and seated mobility exercises emphasizing continuous rhythmic ranges of movement.
- **Band Blast** – Focus is on exercises that build strength and muscle definition using resistance bands and more.
- **Barre** – Helps build and strengthen your muscles, improve your core strength and posture and give your body a lean and toned look in less time.
- **Core & More** – Engaging abdominal and back muscles in a coordinated way to improve functional strength for daily activities while tightening and toning the core.
- **Cycle** – A heart pumping, calorie burning cardio session on a stationary bike.
- **Gentle Yoga** – Enjoy hatha yoga at a slower, more restorative pace. Great for those just beginning a routine.
- **LaBlast Zumba** – While Zumba incorporates Latin and international music, LABLAST is based on the ballroom dances you see on Dancing with the Stars! (No partner needed) and all genres of music. You will have a great time with the variety of dance styles, fitness components and light weights. These classes are suitable for all levels.
- **Pilates** – Focuses on the core and promotes flexibility to develop leaner-looking muscles.
- **Slow Flow Yoga** – The pace is meditative, emphasizing peace and calm in body and mind. We hold poses longer, taking several rounds of breath in each pose instead of moving to each breath.
- **Strength & More** – A total body workout using weights, resistance bands and body weight to define and sculpt arms, legs, abs, back, and glutes.
- **Vinyasa** – Dynamic flowing practice through a balanced series of postures to strengthen, build flexibility, promote physical stamina and a sense of deep inner calm. All levels.
- **Yoga** – An intermediate form of yoga focused on coordination, breathing, and continual movement. All skill levels welcome.

# FITNESS

## DEER LAKE ATHLETIC CLUB


**MARLENE POWELL**  
Fitness Director  
Personal Trainer

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**248.625.8686**

# February 2025 — Heart Health Month!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>VINYASA—A</b> 8:00 am Laura  <b>CORE &amp; MORE—A</b> 9:15 am Marlene  <b>GENTLE YOGA—A</b> 10:30 am Pat	<b>LOW IMPACT STRENGTH—A</b> 8:00 am Donna  <b>STRENGTH &amp; MORE—A</b> 9:15 am Marlene  <b>BALANCE &amp; FLEX—R</b> 10:00 am Diane  <b>LaBLAST ZUMBA —A</b> 11:15 am Mari Ann	<b>SLOW FLOW—A</b> 8:00 am Laura  <b>BAND BLAST—C</b> 8:15 am Bridget  <b>AQUA FUSION—G</b> 9:00 am Char  <b>CYCLE—C</b> 9:15 am Marlene	<b>CORE &amp; MORE—A</b> 9:15 am Marlene  <b>BALANCE &amp; FLEX—R</b> 10:00 am Diane  <b>GENTLE YOGA—A</b> 11:30 am Mari Ann	<b>YOGA—A</b> 8:30 am Mari Ann  <b>AQUA AEROBICS—G</b> 9:00 am Janis  <b>CORE &amp; MORE—A</b> 9:30 am Bridget	<b>YOGA—A</b> 8:30 am Mari Ann  <b>CYCLE—C</b> 8:30 am Multiple  <b>LaBLAST ZUMBA—A</b> 9:30 am Mari Ann	<b>BARRE—A</b> 9:00 am Kristine
<b>AQUA AEROBICS—G</b> 5:30 pm Shelley  <b>CYCLE—C</b> 5:30 pm Emily  <b>PILATES—A</b> 6:15 pm Nancy	<b>AQUA AEROBICS—G</b> 4:00 pm Janis  <b>STRENGTH &amp; MORE—A</b> 5:45 pm Bridget	<b>AQUA AEROBICS—S</b> 5:30 pm Shelly  <b>CORE &amp; MORE—A</b> 5:30 pm Mollie	<b>AQUA AEROBICS—G</b> 4:00 pm Janis  <b>SLOW FLOW—A</b> 6:00 pm Kelly	 <p>Learn to LOVE your workout!</p> <p>Schedule time for our Fitness Classes or work with a Personal Trainer. YOU CAN DO IT!</p> <p>Contact Marlene for more info — <a href="mailto:fitness@deerlakeathleticclub.com">fitness@deerlakeathleticclub.com</a></p>		
<p>All circled classes are NEW for the month or have time, name and/or instructor change!</p>						

A- Aerobics Room, C- Cycle Room, G- Glass House Pool, R- Racquetball Courts, S- Small Pool, T- Tennis Courts

**CHILD CARE HOURS:** Monday through Friday, 8am-1pm and 4pm-8pm; Saturday, 8am-1pm.

All classes are 55 minutes unless otherwise noted in description. Classes are suspended on these holidays: New Year's Day, Easter, Mother's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving and Christmas Day.