

It's easy to stay fit in the Grand Traverse area

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"Free weights and exercise bikes are used in combination to keep the heart rate up," said Pete Lacourse, physical education coordinator.

The Health and Fitness Center is available to the public. Membership rates are \$120 per person for four months through the office of extended education.

The Grand Traverse Athletic Club, located in Traverse City, offers a wide variety of fitness activities including racquetball, squash and wallyball.

The Grand Traverse Athletic Club also offers free weights and weight machines, a cardio area, several aerobic classes including boot camp, step and kick boxing, yoga classes, spinning, massage therapy and tanning services, along with nationally certified personal trainers. In addition, day care services are free for members.

The Grand Traverse Athletic Club's member rates are \$300 per year for one base area, with a one time enrollment fee of \$75. Additional areas can be

added for \$6 per month and spouses receive a discount on membership.

The YMCA Grand Traverse Bay in Traverse City offers tennis, racquetball, basketball, martial arts, a variety of aerobic classes, weights, cardio equipment and certified personal trainers. In addition, the YMCA provides summer day camps, latch key programs for eight different school sites, and snow day services.

YMCA member annual rates as of Feb. 1 are \$120 for youth aged 17 and under, \$220 for adults and \$170 per year for seniors. There are also discounts available for couples and families.

The Grand Traverse Resort and Spa in Acme offers health and fitness programs that can be customized to a member's needs. Along with a 100,000 square foot spa services area, the Grand Traverse Resort and Spa also houses five indoor and four outdoor tennis courts, an Olympic-size lap pool, a recreational pool, two indoor and two outdoor hot tubs, two saunas, a car-

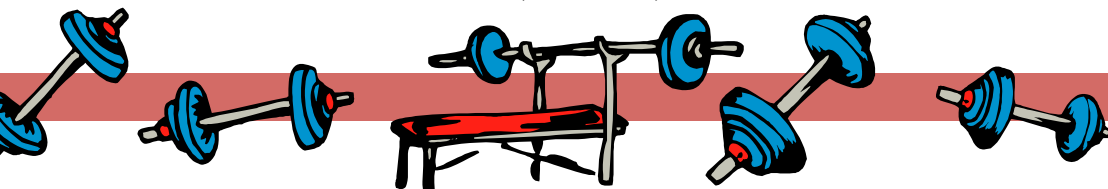
dio studio, a new 20-piece cardio theater, weight rooms and aerobic programs.

There are also certified personal trainers, a licensed day care center and activities for children ages 6-12. The Resort's facilities are open to members and guests. Member rates apply to the entire Resort area.

Curves for Women has locations in Traverse City and in Elk Rapids. Geared specifically toward women, Curves offers hydraulic resistance training allowing the user of the equipment to literally control how hard she works. When the user works harder, the machines get harder.

"It's a great cardio and weight work out in a fraction of the time," said employee Lisa Moyle. "At Curves, work outs are 30 minutes; at other facilities, the same work out would take one-and-a-half hours."

In addition, Curves' certified personal trainers are available to work with guests. Member rates include an initial membership fee and monthly rates as low as \$29.



THE GRAND TRAVERSE BAY YMCA

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Grand Traverse Bay YMCA
We build strong kids, strong
families, strong communities.

Satisfaction Guaranteed

Y MEMBERSHIPS

No Minimum Months!

Youth \$12/month or \$120/year* • Adult \$22/month or \$220/year*
Family \$37/month or \$370/year*

*Add \$25 joiner fee for **NEW** youth or adult membership or \$50 joiner fee for **NEW** family memberships