



FITNESS SESSIONS

with Treetops Resort's Personal Trainer

FRANKIE

One-one-one personalized training

Monday - Thursday 10am-6pm

Call the Treetops Spa: 989-731-8556

Or book online: Treetops.com



EXPRESS

Focus: Stretch & Mobility

Includes: Warm-up of all major muscle groups paired with light resistance and range of motion exercises

Cost: \$25 / Duration: 20 minutes

FAT BURNER

Focus: High pace sweat and metabolism boost, for slimming and toning the body or losing weight

Includes: Full body circuits, intervals and high end cardio

Cost: \$35 / Duration: 30 minutes

STRENGTH & CONDITIONING

Focus: Specific muscle training, increasing strength, size and overall shape of the body

Includes: Free weight training paired with heavier machine lifting & set variations

Cost: \$45 / Duration: 40 minutes

NUTRITION CONSULT

Focus: Finding a nutritional program that works best for you

Includes: An in depth look into calories, lowering carbohydrates, intermittent fasting and ways to raise your metabolism

Cost: \$60 / Duration: 60 minutes

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