

THE GYM

at Wyndemere

MENU OF SERVICES



700 Wyndemere Way Naples, FL 34105 • (239) 263-6129 • wyndemere.com



THE GYM AT WYNDEMERE

wellness for life

The upper level of our Fitness, Wellness, and Spa building is home to a state of the art fitness facility featuring Precor cardio and strength equipment, a custom multi-gym and a variety of functional training apparatus that will entice and delight



all fitness levels. Down the hall from the main gym is a Pilates Studio equipped with four Allegro 2 Reformers and Combo Chairs; a serene Mind-Body Studio designed to enhance your experience in a variety of Yoga, Pilates, Balance and Stretching classes; a Cycling Studio where riders are immersed in motivation and music, and an Active Movement Studio that offers TRX, Weights, Barre, and conditioning classes.

Our team of certified professionals blend a wide variety of classical and contemporary techniques to create customized experiences designed to meet your individual health needs.

*we strive to personalize every experience to meet your
unique needs and offer maximum benefit to you*

**TO BOOK A GROUP EXERCISE CLASS, PERSONAL
TRAINING SESSION, OR REQUEST AN ORIENTATION,
PLEASE USE OUR MOBILE APP OR PHONE (239) 263-6129**

FACILITY ORIENTATIONS

learn to get the most from your workouts

Our certified professionals offer a wide range of services which can be customized to meet your individual needs.

GET ACQUAINTED WITH THE BEST

This complimentary session will familiarize you with our facility, teach you how to operate the cardiovascular and resistance training equipment, and provide you with details about current classes and services. Whether you are new to Wyndemere or a long-time Member looking for a refresher, the wellness orientation is a wonderful way for us to get to know you better so that we can guide you to the services and programs that will help you attain your personal wellness goals.



PERSONAL TRAINING

each day is another chance to change your life

Learn the harness the natural power of your body by working with our trainers to develop the ideal routine to meet your needs.

CERTIFIED PROFESSIONALS AVAILABLE TO YOU

A knowledgeable and experienced trainer will provide motivation, inspiration, and accountability to foster permanent, healthy lifestyle changes for achieving and maintaining maximum results. Our team of certified personal trainers are available to evaluate your physical condition, help you set goals and design a safe, effective, and innovative exercise program for achieving your wellness pursuits. Specialized TPI Golf and sports performance training is available to provide optimal conditioning and injury prevention and keep you playing your best!

PHYSICAL THERAPY AVAILABLE

Physical Therapy is available onsite through an independent provider. For Information or to Schedule an appointment, please call them directly at (239) 514-2310.



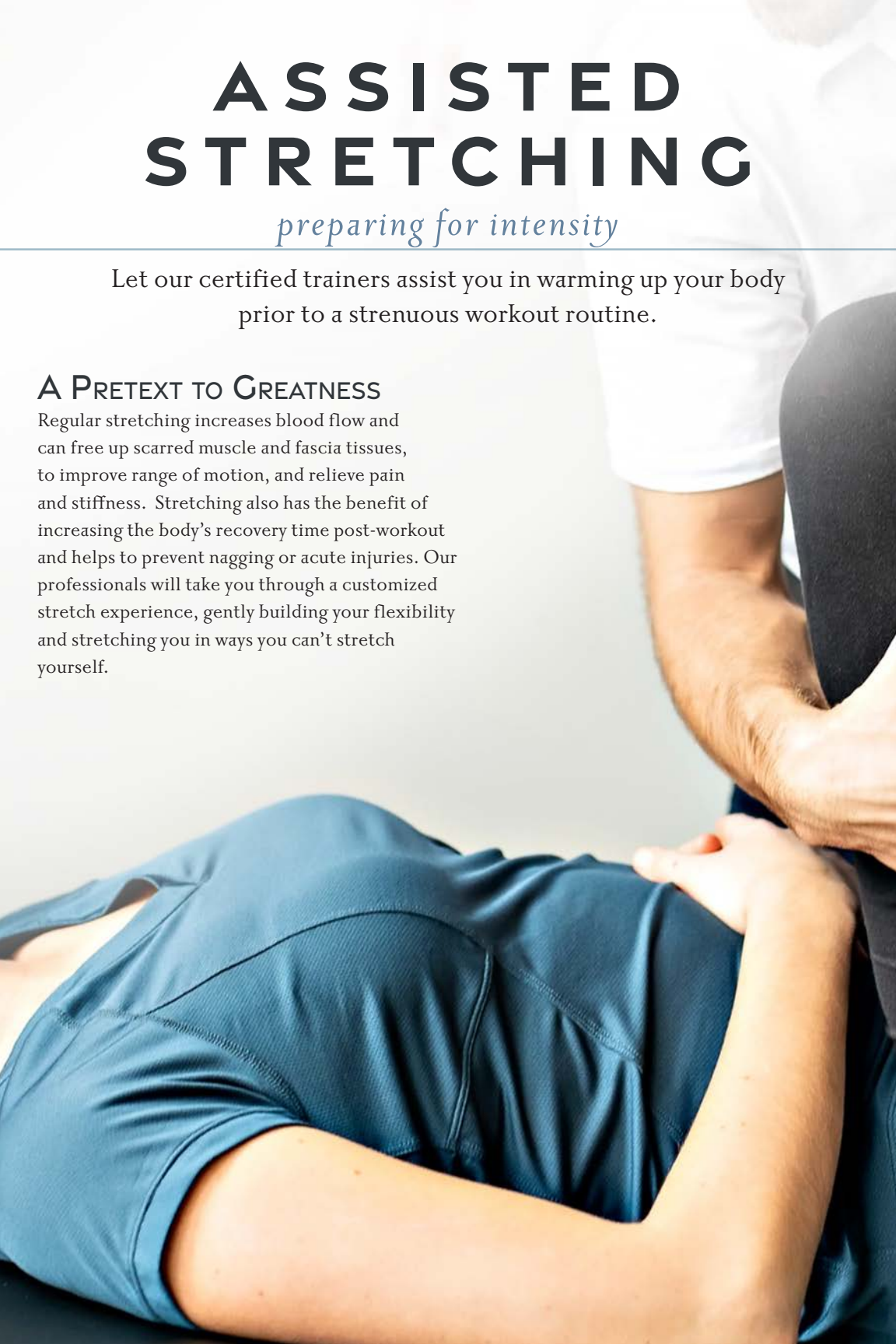
ASSISTED STRETCHING

preparing for intensity

Let our certified trainers assist you in warming up your body prior to a strenuous workout routine.

A PRETEXT TO GREATNESS

Regular stretching increases blood flow and can free up scarred muscle and fascia tissues, to improve range of motion, and relieve pain and stiffness. Stretching also has the benefit of increasing the body's recovery time post-workout and helps to prevent nagging or acute injuries. Our professionals will take you through a customized stretch experience, gently building your flexibility and stretching you in ways you can't stretch yourself.







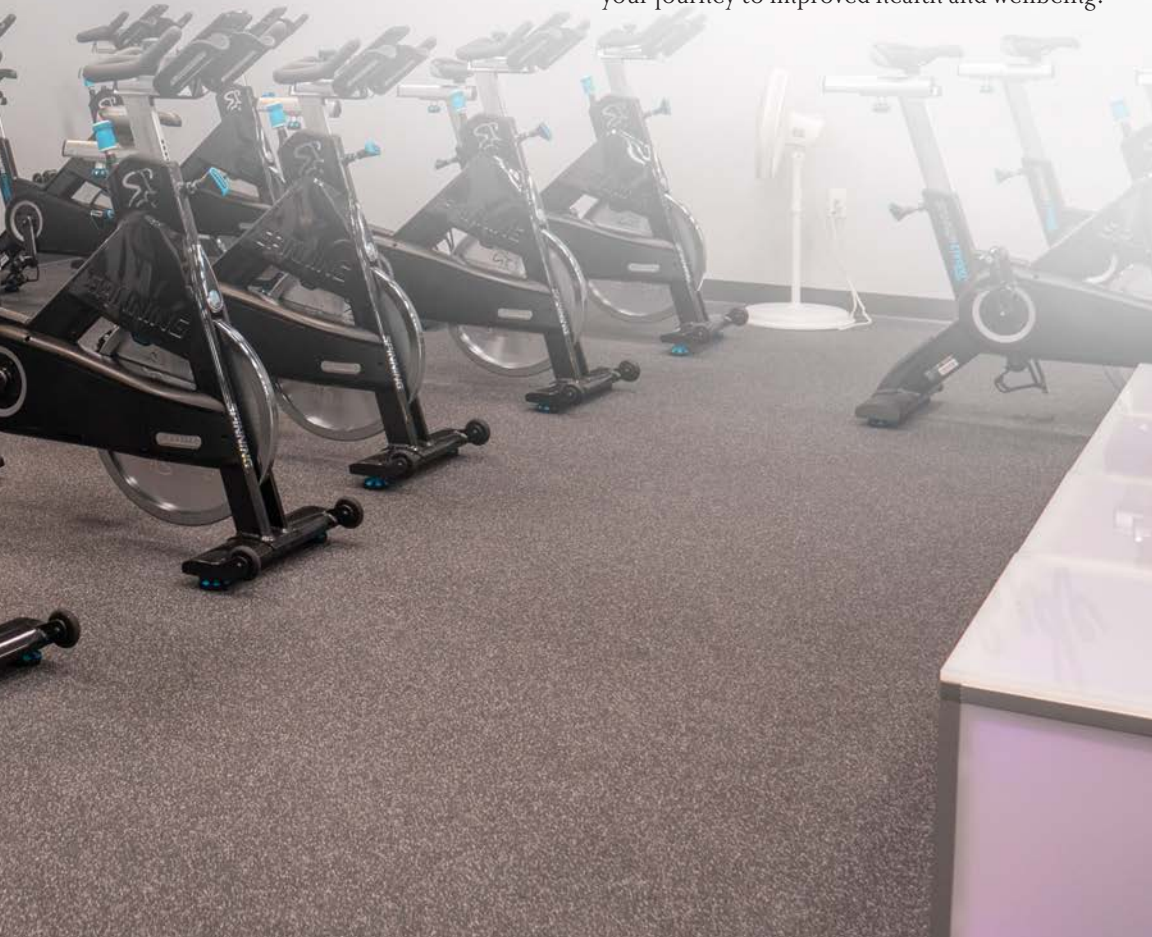
GROUP FITNESS CLASSES

treat yourself to exceptional wellbeing

Featuring over thirty group fitness class opportunities a week in season.

LIFE'S BETTER WITH FRIENDS

Group exercise is a great middle ground between working out alone and hiring a personal trainer. In a group class, you have the benefit of professionals showing you how to do each move with proper form. Plus, you receive support, inspiration, and accountability not just from the instructor but also from the other members in your class. At Wyndemere you will enjoy first-hand innovative and diverse classes led by enthusiastic, educated, and professional instructors. Enrich your routine with new friends and a never-ending variety of classes and programs to keep you moving on your journey to improved health and wellbeing.



PILATES REFORMER

resistance, variety, flexibility, and strength

Reformers allow you to utilize a full range of motion for increasing strength and flexibility.

CONDITIONED BALANCE AND FLEXIBILITY

Reformer Pilates conditions the whole body with balanced strength and flexibility. It is a secret weapon among golfers and elite athletes and can help reduce low back pain, improve posture, and decrease the chance of falls among seniors. Our dedicated studio for Pilates Reformer instruction and has expert Pilates instructors offering private sessions as well as small group classes.





FREQUENTLY ASKED QUESTIONS

general information

IS THERE A MINIMUM AGE?

- Children under age 14 are not permitted within the Fitness, Spa, and Locker Room Areas.
- Children ages 14-16 must be directly supervised by a parent/guardian while using the fitness facilities and locker rooms.

CAN MY GUEST USE THE GYM?

Only guests who have been registered at Club Administration can use the facilities. Registered guests may participate in group exercise classes on a space available basis. The group exercise class rate for both related and unrelated guests is \$15 per class.

HOW DO I SIGN UP FOR A CLASS OR BOOK A PERSONAL TRAINER?

Group class reservations can be made on the Wyndemere Mobile App or Wyndemere.com. For all other appointment requests and inquiries please call the Fitness Reception Desk at (239) 263-6129.

WHAT IS THE CANCELLATION POLICY?

Please provide at least 24 hours' notice for appointment cancellations or changes. Cancellation notices received less than 24 hours in advance will result in a member account charge of 50% of the scheduled service. Failure to give notice, a no-show, will result in 100% of the scheduled service price being charged to the member account. If you are experiencing any symptoms of illness, please call to reschedule your service.

All Group Class bookings require a 24 hour cancellation notice. Failure to cancel will result in the class charge or unlimited pass holders will be charged \$5 for a late cancel or \$10 for a no show.

WHAT SHOULD I WEAR?

- Appropriate exercise clothes and footwear are required in all areas of the facility. Rubber-soled tennis or athletic shoes are required unless specified in the class description.
- Gripper socks are strongly suggested in Yoga, Pilates, Barre and Stretching classes.
- Indoor Cycling participants should wear soft-soled shoes into the fitness center, then change into SPD cycling cleats only after entering the cycling studio.
- Refrain from wearing heavy perfumes, lotions or colognes.
- Do not wear sunscreen as it will damage the equipment and mat surfaces.
- If it is determined by management that a member of guest's attire is unacceptable, he/she may be asked to change their clothes or leave the facility.
- Swimsuits are required in our whirlpools. Swimsuits or towel wrap in steam saunas. Coverage with a towel or clothing is requested in all other areas of the locker rooms.
- Bonafide swim attire is required, thong-style swimsuits are not permitted.

FREQUENTLY ASKED QUESTIONS

general information

WHERE DO I GO WHEN I ARRIVE?

All Members and guests must check-in at the Fitness Reception Desk located on the upper level of the Fitness, Wellness and Spa Building, prior to utilizing the facilities. Gym users can self check-in on desktop scanner. Group fitness class participants will be checked-in and/or registered by the desk staff then receive a pass for entry into the class.

WHAT IF I AM LATE?

You will not be permitted to enter a group fitness class after its start time. Arriving late for personal/pilates training will limit the time for your session, as your session will end on time so that the next appointment will not be delayed. The full value of your session or class will be applied to your account, regardless of late arrivals.

WHERE CAN I STORE MY BELONGINGS?

Valuables should be left at home and personal belongings stored in a cubby or secured in a locker. Lockers are located on the lower level of the Fitness, Wellness, and Spa Building. Complimentary, daily lockers are available for all Members and guests. Annual locker rentals are available through the Fitness Reception Desk. Please ensure all belongings are removed from daily lockers at the end of the day. Found items will be held in the Club Administration Office for 30 days and then donated to a local charity. Wyndemere Country Club is not responsible for any lost or stolen items belonging to Members or their guests.

WHAT ELSE SHOULD I KNOW?

- Cell phones and electronic devices should be turned off or silenced inside all areas of the Fitness, Wellness, and Spa Building. Phone conversations must be taken outside.
- You are responsible for putting away and cleaning all equipment with disinfecting wipes after use.
- Water dispensers are available, but cups are not, so don't forget to bring a water bottle.
- Chewing gum, food and open containers are not permitted in any fitness areas.

FREQUENTLY ASKED QUESTIONS

health questions

WHAT IF I HAVE SPECIAL HEALTH CONSIDERATIONS?

Prior to your class or session please notify the trainer/instructor if you have high blood pressure, allergies, or any other physical conditions or medications which may affect or be affected by exercise. If at any time during your session you experience discomfort, please alert your trainer/instructor immediately.

WHAT IF I AM PREGNANT?

While there are a few activities that should be avoided during pregnancy, there are many beneficial exercises that can be enjoyed. If you are pregnant, please notify the trainer/instructor so that they can offer guidance.

FREQUENTLY ASKED QUESTIONS

aqua exercise class procedures

WHAT IF THE WEATHER IS BAD?

Minimum forecasted air temperature must be greater than 54 degrees. At 5:00pm the day prior to class, the forecasted temperature will be reviewed. If the forecast for the scheduled class start time predicts a temperature less than 55 degrees, then that aqua class will be canceled. The class cancellation will be posted on the Wyndemere App and an automatic class cancellation email will be generated to registered class participants.

Based upon the National Lightning Safety Institute, it is recommended that all patrons and facility staff vacate the pool and deck area at the first sounding of thunder or the first sighting of lightning. Patrons and staff should not re-enter the pool area until 30 minutes after the last sounding of thunder or last sighting of lightning. In addition to these guidelines, Wyndemere has a lightning alarm system providing additional notification to vacate the pool and deck. When it comes to rain, tornado/hurricane watch or warnings, the decision to cancel the class will be determined by Fitness Management.

WHAT SHOULD I WEAR TO AQUA CLASS?

Bonafide swimsuit. AEA recommends the use of aquatic shoes for most shallow aquatic fitness. Shoes reduce impact stress to the weight-bearing joints, allow for better footing during grounded techniques, increase traction during traveling patterns, protect the feet from injury and improve the quality of the workout. Shoes are especially important for individuals with the following special considerations: pregnancy, obesity, diabetes, and musculoskeletal disorders.

CAN I USE THE LOCKER ROOMS?

Yes, but don't forget your key fob as that will be needed to unlock the doors from the outside.



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