



FITNESS  
CLASS  
RATE  
CARD



MGM GRAND  
spa

## PERSONAL TRAINING

Personal Training sessions available Tuesday - Saturday

### PERSONAL TRAINING *One-On-One*

50 Minutes \$45

### SPORTS STRETCH

30 Minutes \$45 | 60 Minutes \$70

A full-body one-on-one partner stretch, designed specifically to relax your muscles and tranquilize your mind. Perfect for those looking to increase flexibility, improve posture, or even just lay back and unwind.

### FITNESS BASIC TEST AND WORKOUT PLAN

30 Minutes \$45

The Fitness Basic Test will test your major muscle groups and the Personal Trainer will discuss a possible workout plan and explain exercise machines and exercises.



All Personal Training and Group Exercise Sessions include same-day access to the MGM Grand Spa. Enjoy amenities such as a sauna, steam room, whirlpool, showers and relaxation area.

**FOR RESERVATIONS AND INFORMATION,  
PLEASE CALL 702.891.3077**

## GROUP EXERCISE

Exciting group classes are offered during the week. Contact Spa Reservations for availability.

### INDOOR HIKE *Tuesday*

50 Minutes \$45

An invigorating hike inside the massive and abundant MGM Grand Hotel & Casino. Discover what makes the MGM Grand, the entertainment authority, all while performing heart-pumping exercises alongside our iconic attractions. Perfect for all fitness levels.

### STRENGTH AND SCULPT *Wednesday & Friday*

50 Minutes \$45

Tone up with Body Sculpt! A fitness experience designed not only to build strength, endurance and muscle tone, but to give you the confidence to show it off.

### BOOT CAMP *Tuesday - Saturday*

50 Minutes \$45

Get your fitness kick just how a soldier would! Experience the teamwork, camaraderie and motivation from the fitness instructor, while the nonstop intensity challenges your mind and body until the very end.

### CORE BLAST *Tuesday - Saturday*

30 Minutes \$45

Tighten your stomach and slim that waistline in a hyper-efficient and timely manner. This is the perfect way to quickly get your pump on at the most convenient time of day for you.