



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.