

French Lick Resort Fitness

*All participants must complete a waiver prior to participation (a parent/guardian must sign for those under 18).
Classes are open to resort guests only.

Aqua Fitness

This energizing class offers a variety of cardio and strength exercises in shallow-water. Splash into a calorie-burning, good time! All fitness levels are welcome and encouraged to attend. Meet at the French Lick Springs Hotel indoor pool a few minutes prior to the start of class. (Complimentary)

Cardio HIIT Gym

Train your heart with this interval workout using cardio equipment in the gym! All are welcome, but be prepared to sweat! Class size is limited, so be sure to arrive a few minutes early. (Complimentary)

Circuit Training

Strengthen and tone alternating between exercises in the gym for a total body workout. Class size is limited, so be sure to arrive a few minutes early. (Complimentary)

Core – Flex – Stretch

Restore your core and refresh your soul in this total mind-body workout. Class will begin with strengthening exercises that target your core (hips, glutes, abdominals, and low back) and transition to stretching and relaxation exercises to bring peace to your mind. To register, please call or visit The Spa at West Baden or the West Baden Springs Hotel concierge. (\$15)

Fitness Walk

Take a fitness walk at French Lick Resort, winding and touring the resort grounds. Meet at the lower level of the Event Center at the Event Center concierge desk.
(Complimentary)

Holly Jolly Jog

Come out for a leisurely walk/run through the property, wearing your favorite holiday attire and finishing with a sweet treat! All ages and paces welcome! Meet on the KidsFest Lawn. (Complimentary)

Kid Fit

Fitness fun for kids! Anything from fitness games to fitness moves – a wide variety of fitness-themed activities to keep children stimulated and excited! Meet at KidsFest. (Complimentary)

Tom the Turkey Family Walk/Run

Join the pre-stuffing family walk/run, and burn a few extra calories while having some family fun! Meet at the Kids Fest building for warm-up and directions. Bring your family; we would love to see you there!
(Complimentary)

**Instructor: Kaci, French Lick Resort Fitness Coordinator &
ACSM Certified Exercise Physiologist**



FRENCH LICK RESORT®