

Promotional Brochure

rev. Jan. 2024

WELCOME TO ASCENSION GENESYS HEALTH CLUB!

Our Mission

Ascension Genesys Health Club is dedicated to providing a life-changing health and wellness experience for people of all ages through dynamic programs, education, motivation, and support.



Ascension Genesys Health Club provides a world-class setting for you and your family to take the next step towards living a healthier, happier life!

Membership

Ranked among the top 100 clubs in the country, our 225,000+ square foot facility (located in the heart of Grand Blanc, MI), is one of the largest multi-purpose fitness clubs in the country.

As a member, you and your family will love taking advantage of our many amenities, which include:

- Lap Pool and Therapy/Family Pool
- Indoor tennis, pickleball, and racquetball courts
- Group Fitness classes (featuring Les Mills, yoga, spinning, etc.)
- Health and nutrition classes*
- Steam room, sauna, whirlpool, and cold plunge in locker rooms
- Personal Training*
- Full-sized basketball and volleyball courts
- Quarter-mile indoor track
- Indoor golf area
- The latest in strength training and cardiovascular equipment
- Youth, Adult, and Senior programs open to members and non-members*
- Club Virtual (CV) Studio
- Kids Corner*
- Pro Shop*
- Café*

For additional information, please contact Membership Services at (810) 606-7523.

**At additional cost and subject to availability.*

Get in. Get fit. Get the most out of life.

801 Health Park Blvd., Grand Blanc, MI 48439
www.ascensiongenesyshealthclub.com



**Ascension
Genesys**
HEALTH CLUB

Departments

From Aquatics to Zumba®, Ascension Genesys Health Club provides a variety of ways to **get in, get fit, and get the most out of life.**



AQUATICS



GOLF



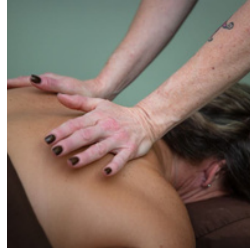
GROUP FITNESS



TENNIS



KIDS CORNER



MASSAGE



PERSONAL TRAINING



PRO SHOP

Programs

YOUTH PROGRAMS

Whatever your interests, Ascension Genesys Health Club has a program designed for you and your family. Children are always welcome and encouraged to use the club to pursue an active lifestyle.

- Volleyball Clinics/Private Lessons
- HOOPS Basketball Training/Private Lessons
- Tumbling for Fun
- Soccer Training/Private Lessons
- Golf Clinics/Private Lessons
- Swim Lessons
- Tennis Lessons
- Summer Camp
- Private Birthday Parties
- Member Children 10-12 years of age can complete a FitKid Orientation allowing them to utilize additional areas of the club with their parents.
- Member Children 6-12 years of age can get Orange Wristband Approved allowing them to swim without the supervision of a parent or adult.

ADULT PROGRAMS

Adults, get connected to what interests you most; whether you like competitive sports, want to challenge yourself, or simply improve your skills, we have a program, lesson, and/or clinic for you.

- Pickleball
- Tennis Lessons
- Cardio Tennis Workout
- Personal Training
- Strength Academy
- Triathlon Training
- Golf Clinics/Private Lessons
- FUSE (land and aquatic): Small group training and nutrition education

SENIOR PROGRAMS

It's important that individuals of all ages commit to daily exercise, especially those 55 years and older. Here at Ascension Genesys Health Club we have specially designed classes and programs to help our mature adults improve their overall physical fitness and mental health.

- Senior Limited Membership
- Senior Free Friend Fridays (1st Friday of the month, must be accompanied by an active member)
- Discounted Senior Day Pass
- Arthritis classes
- Parkinson's classes
- Pickleball
- Zumba® Gold Toning
- Senior land and aquatic group fitness classes

Hours of Operation

Club Hours*

Monday—Friday 5:00 a.m.-9:00 p.m.
Saturday 7:00 a.m.-8:00 p.m.
Sunday 7:00 a.m.-8:00 p.m.

Membership Services*

Monday—Friday 8:00 a.m.-6:00 p.m.
Saturday 8:00 a.m.-1:00 p.m.
Sunday Closed

Kids Corner**

Monday—Saturday 8:00-12:00 p.m.
Monday—Thursday 4:00-8:00 p.m.
Sunday Closed

*Holiday hours and changes posted.

**Closed holidays. Changes will be posted.



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