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## **Vail Athletic Club At a Glance**

ADDRESS: 352 East Meadow Drive  
Vail, CO 81657

RESERVATIONS: (970) 476-7960 or (888) 794-0410

WEBSITE: [www.vailmountainlodge.com/vail-athletic-club](http://www.vailmountainlodge.com/vail-athletic-club)

LOCATION: Vail Athletic Club is located at the Vail Mountain Lodge & Spa, overlooking Gore Creek in the heart of Vail Village.

OVERVIEW: Managed by Vail Mountain Lodge & Spa, the Vail Athletic Club is the finest full-service fitness facility in the valley, with 18,000 square feet dedicated to a world-class fitness experience that reflects the active Vail lifestyle. Innovative programming parallels the exceptional array of outdoor activities the Rocky Mountain setting affords, challenging guests and members to “get in here to get better out there.”

Top-shelf equipment and an expert staff, many of whom are professional athletes, ensure that guests and members get the best training possible, helping each reach his or her fitness goals and enhance performance, whether on the legendary slopes of Vail Mountain or in everyday life. The club also is distinguished by its own yoga, Pilates and spin studios and an expansive schedule of classes.

FACILITIES: The Vail Athletic Club features 18,000 square feet of world-class fitness facilities, including:

- A full complement of top-of-the-line equipment, predominantly by Precor, including cardio machines with personal television screens and strength training equipment
- Spin studio equipped with LeMond spin bikes and Pilot heart rate monitors
- The Vail Valley's only indoor climbing wall
- Mountain Lotus Yoga studio
- Pilates Studio equipped with the GYROTONIC® system
- Free weights
- Full-time personal trainers on staff
- Luxurious men's and women's locker rooms with steam, sauna, Jacuzzi and cold features
- Two outdoor mountainside whirlpools

CLASSES:

An extensive menu of classes meets the needs of members and guests of all fitness levels and goals:

- **Yoga:** Free-style vinyasa yoga instruction ranging from gentle to challenging and including pre- and post-natal classes
- **Pilates:** Private, semi-private and group instruction, including Gyrokinetics® and Pilates mat classes
- **Climbing wall:** Private and semi-private instruction and belay certification testing
- **Private sports coaching:** Led by Ellen Miller, Level II USA Track and Field coach and the first American woman to summit Mt. Everest from both sides
- **Outdoor sports conditioning:** Including guided hiking and snowshoeing
- **Cardiovascular strength classes:** A running group, hip hop, total strength, track workout, and Silversneakers® for older adults, Functional Training programs, Spin Classes

MOUNTAIN DIVAS:

Exclusively for women, Mountain Divas is a motivational fitness program that combines the spa lifestyle with outdoor activities that capitalize on the natural beauty of the Rockies. Programs are tailored to guests' fitness level, their choice of time

frame – from one hour to a full week, and the level of challenge they seek.

Participants are led on daily energizing hikes and runs that, for instance, might lead to the chance to summit a 14,000-foot peak at week’s end. Other options include one-day mountain biking and rock climbing adventures. Each day’s fitness challenges are complemented by soothing spa treatments, strengthening Pilates and yoga classes, and wholesome, healthful cuisine served at the spa.

Mountain Divas is led by Coach Ellen Miller, the first American woman to summit Mt. Everest from both approaches. Miller also helps to coach the U.S.A. Women’s Mountain Running team.

**WELLNESS/FITNESS CONNECTION:**

The Vail Athletic Club works closely with the world-class Spa at Vail Mountain Lodge to create a seamless fitness and wellness experience. Guests and members can enhance their fitness routine with healthful spa lunches, post-workout therapeutic treatments, relaxing massages, and more.

**MEMBERSHIP:**

Memberships are open to guests of Vail Mountain Lodge & Spa and to Vail residents. Benefits include unlimited fitness classes, member pricing on training, guest passes, and discounts at the spa and salon, Terra Bistro, and Vail Mountain Lodge. There are approximately 500 members, 300 of whom are year-round residents.

Guests of the Lodge receive complimentary entrance to the VAC including regularly scheduled classes.

**CLUB MANAGER:**

Shannon Smith

**HOURS:**

6 am – 9 pm, Monday – Friday; 7 am – 9 pm, Saturday and Sunday

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