

*Boar's Head*  
SPORTS CLUB

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How to Schedule a Session:

Contact Amy Warr, Director of Fitness  
434.972.7454  
or e-mail  
[Amy\\_Warr@BoarsHeadInn.com](mailto:Amy_Warr@BoarsHeadInn.com)

**BHSC FITNESS**

BOARSHEADINN.COM

*Owned and Operated by the UVA Foundation*



**PERSONAL AND  
SMALL GROUP  
TRAINING**

*At Boar's Head, we understand that each client has different needs and goals, and our team is dedicated to personalizing fitness to help meet these goals. We are committed to your wellness!*

## INDIVIDUAL TRAINING

### PERSONAL TRAINING

Our certified professionals are available to work one-on-one with clients of all ages and fitness levels. Whether you are looking to live a healthy lifestyle, improve speed and endurance, increase strength, improve flexibility and range of motion, we will design a program that is safe, effective, and most important-specific to you.

*Available for: 1 client  
30, 45, 60, 75, 90 minutes*

### PRIVATE SESSION: PILATES & YOGA

Certified professionals will provide personalized attention and modifications appropriate for all body types and fitness abilities.

**PILATES:** Through lengthening and strengthening, Pilates promotes full breath, healthy joint articulation and stability of core muscles that support the spine. Clients may request Mat Pilates or Pilates using STOTT PILATES® Reformers.

**YOGA:** Through a series of postures, sessions will focus on improving strength, stamina, and flexibility within your level of comfort. Request Gentle Yoga, Vinyasa Yoga, Ashtanga Yoga, Chair Yoga, etc.

*Available for: 1 client  
30, 60 minutes*

## GROUP TRAINING

### SMALL GROUP TRAINING

Our certified professionals will lead small groups of 2-3 individuals through sessions tailored to meet the group's needs while still providing individual attention to each. Train together as a team and have fun while working to reach your goals!

*Available for: 2-3 clients  
30, 45, 60, 75, 90 minutes*

### SMALL GROUP SESSION: PILATES & YOGA

Our certified instructors will lead small groups through Pilates or Yoga sessions tailored to meet the group's needs while still providing individual attention and modifications for each. Pilates sessions utilize STOTT PILATES® Reformers and Yoga sessions follow the style of choice selected by clients.

*Available for: 2-5 clients  
60 minutes*

## CUSTOM FITNESS

Interested in creating your own private class? Don't see a class on the Group Exercise schedule that meets your availability? Interested in mixing and matching types of classes? Looking to train off season with your teammates? Boar's Head Fitness offers the opportunity to customize your fitness! *To request a class, please contact 434.972.7454 to speak with a Fitness professional.*

### PRIVATE FITNESS CLASS

Customize your fitness by requesting a private fitness class for you and your friends, kids, etc.! Classes include but are not limited to Private Yoga, Cycle, Bootcamp, Insanity, Barre, Zumba®, Guided walk/run on the Boar's Head Heritage Trails, etc.

*Available for: 2-25 participants  
60 minutes*



### PRIVATE TENNIS FITNESS CLASS

Customize your fitness by requesting a private tennis fitness class for you and your friends, teammates, etc. led by a certified Personal Trainer! Classes include, but are not limited to, cardio drills, agility, speedwork, strength training specific to tennis. All classes tailored to the group requesting and interests/goals communicated beforehand.

*Available for: 2-8 participants  
60 minutes*

### WRITTEN EXERCISE PROGRAM

Work out on your own but want a certified Personal Trainer to write a workout for you? Have one of our professionals prescribe an exercise program specific to you and your goals to deliver effective results.