

Welcome!

Viaggio Spa and Health Club

Health Club Hours

IN SEASON:

7 AM to 10 PM Daily

OFF SEASON:

Sun-Thurs: 7 am– 9 pm

Fri and Sat: 7 am-10 pm

(Mon-Fri: Cardio & Weight Rooms Open at 6 AM),
(Use Garage Entrance)

Plenty of time for fitness
and family fun!

Come use our pools, hot tubs,
steam room, sauna, tanning booth/
bed, courts and cardio, spinning
and weight rooms.

Call or drop by for our rates.

Located at :
The Mountain Club on Loon
90 Loon Mountain Rd.
Lincoln, NH 03251

603 745-2244 x 5280
mtnclub.com

AQUA FITNESS

An aerobic and strength workout using explosive moves to create resistance in the water. Excellent for those looking for a low-impact workout!



PILATES

Pilates is a series of movements meant to strengthen the core muscles of the body as well as to enhance flexibility and release tension.

BEGINNER PILATES

30 min class of simple basic floor and mat exercises to build core strength

WEIGHT TRAINING

We invite you to try **WWWW**, Woody's Wonderful World of Weights. Training with Woody is like having a personal trainer to tone and develop muscles.



WOW is Women On Weights. This class is designed to encourage women to become familiar & comfortable with the equipment in the weight room.

YOGA

Yoga combines poses with breath work and mental focus. It strengthens muscles, opens joints and promotes relaxation and balance.



ZUMBA

Enjoy Dancing to Latin, Hip Hop & Zumba Music while getting an intense workout and having fun at the same time!

OPEN SWIM

Open to all ability levels.
Practice stroke improvement and perform workouts.

BEGINNER SWIM

Learn swim skills.

MASTERS SWIM

Coached swim workouts. Beginners welcome with prior permission.

SPINNING

Spinning is a bike ride on a stationary bike like no other. Filled with flat roads, hills, jumps, intervals, technique hints, and drills, it is a cardiovascular, heart pumping workout. We do require our participants to wear a heart rate monitor, which can be rented from our club with a deposit.

