

Garrett College Fitness & Lodging Packages

Available June 24-26, 2016



Book a **Garrett College Fitness & Lodging Package** and make your Gran Fondo experience easy and convenient. You will be just minutes away from the ride's start and finish when you stay in Garrett College's Laker Hall Apartments. As an added bonus, you will also have three days of access to our state of the art Community Aquatics and Recreation Center (CARC) located directly next to Laker Hall. You and your guests may also want to enjoy the Garrett College Gran Fondo Adventure Fest, a fun, family friendly event full of educational and hands-on activities such as our climbing wall, geocaching, and mtn. biking.

Package A: One Night: \$59 per night, per person

Package B: Two Nights \$98 per person (\$49 per night, per person)

Package C: Three Nights (June 24-26 only) \$140 per person (\$46 per night per person)

Book Now! Call 301-387-3722

Online Registration begins Jan. 20, 2016

All packages include:

- One set of linens per bed.
- Access to the CARC Pool and Fitness Center
 - Friday: 6AM - 9PM
 - Saturday: 8AM - 8PM
 - Sunday: 10AM - 6PM
- Fitness Classes: (must reserve space/ walk-ups only if space available):
 - Yoga for Cyclists: Friday, June 24, 1:00 PM
 - Recovery Water Workout: Sunday, June 26, 10:30 AM

For more on the CARC: www.gccarc.com

Learn more about our programs at www.CAELatGC.com

Laker Hall Apartments:

Laker Hall is a three-story student apartment building on the campus of Garrett College. Able to house 117 guests in two-and four-bedroom suites, it is a convenient location for Gran Fondo guests.

- Each package is **per person, per night**
- If you are doing Package A or B, please indicate the dates of your stay
- Please indicate who you wish to share a suite with if applicable.
- Guests will not be housed in suites with strangers unless requested by both parties.
- Guests will have access to the suite and bedroom(s) that he or she have reserved.
- One set of linens included (**no room service/maid service provided**)
- Each suite contains four twin beds.
- Double occupancy suite (two bedrooms each with two twin beds)
- Single occupancy suites (four bedrooms each with one twin bed)
- Each suite is equipped with kitchen, living room, and bedrooms
- Features two recreation lounge areas, vending machines, laundry facilities (coin-operated)
- Free wireless internet access
- Patrolled by Campus Security 24/7
- Within walking distance of the Community Aquatic & Recreation Complex (CARC) fitness facility
- Handicap accessible and equipped with an elevator
- Within walking distance from the Gran Fondo Starting and Finish Line and other events.
- All guests will be required to complete a waiver form.

For more on Laker Hall visit: www.garrettcollege.edu/services/residence/laker-hall

Full Fitness Course Descriptions:

- Yoga for Cyclists, Friday 1:00 PM
In this restorative yoga class, you will work gently to open the front of the body and strengthen the back. Enjoy a focus on hips and shoulders while balancing strength and flexibility. Alternate between spinal extension exercises to work the core and lunges to release the hips, and finish with deep relaxation.
- Recovery Water Workout, Sunday 10:30 AM
Incorporating gentle, low impact movements in both shallow and deep water, this class is designed to restore and enhance muscle strength, endurance and flexibility, range of motion and balance, and promote post-ride recovery.

