

## PEAK POOL & FITNESS CENTER EXT. 7300

Mon-Thurs 6am-10pm | Fri 6am-10pm  
Sat- Sun 7am-10pm

Peak Pool & Fitness Center & general fitness classes are FREE to house guests (excluding specialty classes). All classes are offered to ages 16 or older with limited availability. Personal training specials are available. Registration required. Lap lanes are open until 12pm daily. **Please note: lap swimming is not allowed during Water Aerobics class.**

## CRYSTAL SPA EXT. 7200

Mon-Sat 8:30am-8pm | Sun 9:30am-6pm

Massage, Facial & Body Treatments, Makeup, Waxing & Nail Services, Saunas and Steam Rooms.

### \*Houseguest Spa Special

Enjoy \$20 OFF every \$100 purchase of spa services & spa retail during your stay. *Per person, per day, before service charge, gratuity & taxes are applied. Promo cannot be combined w/any other discount or promotions, including Spa Day Specials.*

## PARK AT WATER'S EDGE EXT. 7000

Daily 9am-10pm

Build-A-Buddy to-go kits, Tube-A-Licious Candy, Movie, and Board Game Rentals, Scavenger Hunts, Outdoor Hot Tub is open 9am-10pm daily. *Activity times may vary - please call PAWE for more information.*

## MOUNTAIN MARKET EXT. 4600

Daily 8am-10pm

Providing specialty foods, healthy food options, locally sourced beer, wine, plus prepared cuisine for take-out and retail merchandise. Located in the Inn at the Mountain.

## KINLOCHEN PRO SHOP EXT. 4000

Daily 6:30am-9pm

## MICHIGAN LEGACY ART PARK EXT. 7121

Hike through 30 acres of wooded hills and view sculptures along the way. Open daily during daylight for self-guided tours. *For more information visit michlegacyartpark.org.*

## CM REAL ESTATE EXT. 3300

Mon-Sat 9am-5pm

Sunday 10am-2pm and evenings by appointment.

## RESORT INFO

**CHECK-IN TIME:** 5pm (24-hour check-in is available)

**CHECK-OUT TIME:** 11am

**FREE INTERNET ACCESS** in most buildings.

Complimentary Internet kiosks are available in the Inn's lounge for guests 18+.

**NEED A RIDE?** Call ext. 0 for the resort shuttle.

## DINING



### Thistle Pub & Grille, ext. 6052

Lunch Daily: 11am-5pm

Dinner Daily: 5pm-10pm

Bar Daily: 11am-12am



### Wild Tomato, ext. 6050

Breakfast Daily: 7am-11am

Lunch: Closed

Dinner Daily: 5pm-9pm

Bar Daily: 5pm-9pm



### Beach House, ext. 6054

Hours: Wed-Thur 11am-9pm; Fri-Sat 11am-10pm; Sun-Tues 11am-9pm



### Bru Bar, ext. 6064

Hours: Wed-Sat 7am-10pm; Sun-Tue 7am-12pm/4pm-10pm



### Little Betsie Bistro & Grocery, ext. 6062

Hours: Wed-Thur 11am-10pm; Fri 11am-11pm; Sat 9am-11pm; Sun 9am-10pm; Mon-Tues 11am-10pm

*Hours of operation may vary. For updates, please call our dining hot line at ext. 6040 or the Front Desk at ext. 5000.*

## SHOPPING

**Peak Boutique**  
Open during the Peak Pool & Fitness Center Hours

**Crystal Spa Retail**  
Open during the Spa Hours



**Mountain Adventure Zone**  
Daily 9am-9pm



**Kinlochen Pro Shop**  
Daily 6:30am-9pm

**Little Betsie Bistro & Grocery**

Wed-Thur 11am-10pm; Fri 11am-11pm; Sat 9am-11pm; Sun 9am-10pm; Mon-Tues 11am-10pm

**Mountain-Market**  
**Mountain Market**  
Daily 8am-10pm

**Water's Edge**

**Park at Water's Edge**  
Daily 9am-10pm



**Mountain Sports - ext. 4400**  
Mon-Tues 9am-5pm  
Wed, Sat 9am-9pm  
Sat 9am-9pm  
Sun 9am-3pm

*Hours are subject to change.*



## THIS WEEK AT CRYSTAL



Activity offered at the **Park at Water's Edge**, no reservations needed, additional fees may apply; for more information call ext. 7000.



Activity **requires reservations** at the **Park at Water's Edge**, additional fees may apply; for more information call ext. 7000.



Activity offered at the **Mountain Adventure Zone**, no reservations needed, additional fees may apply; for more information call ext. 7500.



Activity **requires reservations** at the **Mountain Adventure Zone**, additional fees may apply; for more information call ext. 7500.



**Peak Fitness Class. Reservations required**, additional fees may apply. For more info, call ext. 7300.

\* Indicates extra fee for Peak Fitness Class.



**Reservations required** through **Crystal Spa**, call ext. 7200.



Activity **requires reservations** through **MI Legacy Art Park**, additional fees may apply; for more info call ext. 7121.

All activities are subject to change; weather and demand dependent. Call for activity availability, fees & reservations. Visit [crystallmountain.com](http://crystallmountain.com) for more up-to-date information or dial 0 for the resort operator.

## Additional Activities Ext. 7000

Visit the **Park at Water's Edge** during operational hours (see backside) for activities including:

Board Games                      Movie/DVD Rentals  
Build-A-Buddy To-Go            Outdoor Hot Tub  
Tube-A-Licious Candy           Scavenger Hunt  
In-Room Babysitting

### Garden Tours

**July 12, 10am**

Visit [crystallmountain.com/events](http://crystallmountain.com/events) for more Info.

### Wednesday, July 11

8am	Water Aerobics	
9am-10am	Lap Swimming	
10am-9pm	Outdoor Pool	
10am	Mountain Yoga	
10am, 3pm, 4pm	Archery	
11am-8pm	Climbing Wall/ Adv. Course	
11am-8pm	Alpine Slide	
11am	Paintball	
12:30pm	Paintball Targets	
1:30pm, 2:15pm	Outdoor Laser Tag	
6pm	Total Core	
7pm-9pm	Chairlift Rides/ Jim Hawley	

### Thursday, July 12

9am-4pm	Adventure and Explorer Camp	
9am-10am	Lap Swimming	
10am-9pm	Outdoor Pool	
10am	Gentle Yoga	
10am	Garden Tours	
10am, 3pm, 4pm	Archery	
11am-8pm	Alpine Slide	
11am-8pm	Climbing Wall/ Adv. Course	
11am	Paintball	
12:30pm	Paintball Targets	
1:30pm, 2:15pm	Outdoor Laser Tag	
5pm	Cardio Kickboxing	
6pm	Mountainside Fitness	
6pm	Thursday Night Mountain Bike Ride	
7pm	Zumba	

### Friday, July 13

8am	Water Aerobics	
9am-10am	Lap Swimming	
10am-9pm	Outdoor Pool	
10am, 3pm, 4pm	Archery	
11am-8pm	Alpine Slide	
11am-8pm	Climbing Wall/Adv. Course	
11am	Paintball	
12:30pm	Paintball Targets	
1:30pm, 2:15pm	Outdoor Laser Tag	
5pm	Yin Yoga	
5pm-7pm	Four Seasons Club Happy Hour @ Bru Bar	
6pm-9pm	Campfire Kids	
7pm-9pm	Summer Sounds Concert @ MLAP	

### Saturday, July 14

8am	Yoga Fit	
9am	Cardio Kickboxing	
9am-4pm	Adventure and Explorer Camp	
9am-10am	Lap Swimming	
10am-9pm	Outdoor Pool	
10am	Mountain Yoga	
10am, 3pm, 4pm	Archery	
11am	Yogalates	
11am-8pm	Climbing Wall/Adv. Course	
11am-8pm	Alpine Slide	
11am	Paintball	
12:30pm	Paintball Targets	
1:30pm, 2:15pm	Outdoor Laser Tag	

### Nine and Dine

**July 11, 5:30pm**

Nine and Dine features nine holes of golf on Betsie Valley followed by dinner at the Thistle Pub and Grille.

Visit [crystallmountain.com/events](http://crystallmountain.com/events) for more Info.

### Sunday, July 15

8am	High Intensity Interval Training	
9am-10am	Lap Swimming	
10am-9pm	Outdoor Pool	
9am	Aromatherapy Yoga	
10am	Mountain Hike	
10am	Family Yoga	
10am, 3pm, 4pm	Archery	
11am-8pm	Alpine Slide	
11am-8pm	Climbing Wall/Adv. Course	
11am	Paintball	
12:30pm	Paintball Targets	
1:30pm, 2:15pm	Outdoor Laser Tag	
6pm-9pm	Campfire Kids	

### Monday, July 16

8am	Water Aerobics	
9am-10am	Lap Swimming	
10am	Yoga Fit	
10am-9pm	Outdoor Pool	
11am-8pm	Climbing Wall/Adv. Course	
11am-8pm	Alpine Slide	
10am, 3pm, 4pm	Archery	
11am	Paintball	
12:30pm	Paintball Targets	
1:30pm, 2:15pm	Outdoor Laser Tag	
7pm	Unwind Yoga*	
7pm-9pm	Monday Night Live w/ Saul Chandlers	

### Tuesday, July 17

8am	Bootcamp	
9am	Mountain Hike	
9am-10am	Lap Swimming	
10am-9pm	Outdoor Pool	
11am-8pm	Climbing Wall/Adv. Course	
10am, 3pm, 4pm	Archery	
11am-8pm	Alpine Slide	
11am	Paintball	
12:30pm	Paintball Targets	
1:30pm, 2:15pm	Outdoor Laser Tag	
5pm-7pm	Woods Paintball	
5pm	Cardio Kickboxing	
7pm	Zumba	

Mountain Activities & Workshops	DAY	10am	Noon	3pm	7pm	8pm/Dusk
Drop in to participate in these family fun activities! Parent supervision is required and we request that parents with children 8 years and younger assist their children during workshop activities. For more information, please call the PAWE at ext. 7000.	WED	Sand Art	Glitter Tattoos	Tie Dye	Chairlift Rides	Outdoor Movie - Dusk
	THUR	Puppets	Glitter Tattoos	Bird Houses	Bingo	Family Fire/ Relays
	FRI	Puffy Pillows	Glitter Tattoos	Canvas Paint	Bingo	Family Fire/ Relays
	SAT	Sand Art	Glitter Tattoos	Tie Dye		Outdoor Movie - Dusk
	SUN	Puppets	Glitter Tattoos	Bird Houses	Bingo	Family Campfire/ Relays
	MON	Build-A Buddy	Glitter Tattoos	Hair Wraps	Mon Night Music	Outdoor Movie - Dusk
	TUES	Puffy Pillows	Glitter Tattoos	Canvas Painting	Bingo	Family Campfire