

78FITNESS

Temporary Rates

Daily:	\$15.00
Weekly Single:	\$85.00
Weekly Couple:	\$145.00
Monthly Single:	\$130.00
Monthly Couple:	\$235.00
Monthly Senior Single:	\$75.00
Monthly Senior Couple:	\$125.00

Temporary Memberships include access to,

- Gym
- Fitness Classes
- Pool
- Jacuzzi
- Splash Pad
- Dry Sauna
- 1 Hour of Court Time Per Day (With Reservation)

78FITNESS

843-497-2444



KINGSTON PLANTATION

Find us at The Landing:
108 High Circle
Myrtle Beach, SC 29572

Hours of Operation:



Monday to Saturday: 6:00 am to 10:00 pm
Sunday: 7:30 am to 7:00 pm



**What to Expect From Our
Fitness Center:**

- ◆ State-of-the-art cardio and strength training equipment.
- ◆ Indoor pool and whirlpool.
- ◆ Three golf simulators.
- ◆ Diverse group exercise schedule.
- ◆ On-demand video exercise service.
- ◆ Two saunas.
- ◆ Space for your party or event.

**And...There's Even More
Fun Outside:**

- ◆ Three clay tennis courts.
- ◆ One hard tennis court.
- ◆ Four Pickle ball courts.
- ◆ Two sand volleyball courts.
- ◆ A playground.
- ◆ A roaring fire-pit.
- ◆ An occasional outdoor bar
- ◆ Rocking chairs to relax in.



Resort and Hotel Guest Information:

All guests sign in at the 78 Fitness Front Desk with their room number for verification. 78 Fitness is an amenity to guests renting through the Kingston Plantation Rental Program and the Embassy and Hilton Hotels. Guest of private rental companies or homeowners may use the fitness center at the daily rate of \$15 per person per day.

Please see the back side of this flier for more information concerning our guest rates.

We have **FREE SHUTTLES** available to bring you to & from The Landing!

- ◆ **Hilton:** Dial "0" from a room telephone to reach the operator.
- ◆ **Embassy /Kingston:** Dial "50" to reach the front desk or "3087" to reach the concierge.
- ◆ **The Landing:** Stop by the 78 Fitness Front desk & tell us where you are staying for a return shuttle

78 Fitness Club Rules



- ♦ Proper shoes are required in all areas of the club. **No flip-flops, sandals, or open-toed shoes will be permitted** on the fitness floor at any time.
- ♦ Shirts are required to be worn when outside of the locker rooms or pool area.
- ♦ Lockers are available and complimentary for daily use. Please see the front desk for more information.
- ♦ For safety reason **balls & toys are NOT permitted in the pool or pool area.** Small infant flotation devices are permitted. Water noodles are allowed for therapeutic purposes only.
- ♦ **INCLEMENT WEATHER:** During inclement weather, we will close the indoor pool including the whirlpool and splash deck until the storms pass.

Age Restrictions

- ♦ **Pool Area:** Anyone under the age of 16 must be under constant supervision of a parent or guardian that is 18 years of age or older.
- ♦ **Cardio/Weight Equipment:** Must be 16 years or older to workout unattended. Children ages 14 and 15 may use equipment under **CONSTANT SUPERVISION** of an adult. **Anyone 13 and under is NOT permitted in workout areas.**
- ♦ **All Courts:** Anyone under the age of 16 must have a parent or guardian present while playing on any court.
- ♦ All children under the age of 16 must be under supervision of an adult at all times and are not free to roam around the health club or pool area.

Temporary Membership Rates:

All temporary membership rates are "full club" rates and include court time. Temporary Members may reserve courts for an hour at a time while time slots are available. Courts cannot be reserved more than three days in advance. If you would like to guarantee priority court time, please see our Membership Supervisor about an Annual Membership.

<u>Daily Rates</u>	<u>Weekly Rates</u>	<u>Monthly Rates</u>	<u>Senior Rates</u>
Daily Member: \$15 IHRSA: \$5	Single: \$85 Couple: \$145	Single: \$130 Couple: \$235	Monthly Single: \$75 Monthly Couple: \$125

* All temporary rates are non-refundable.

Like us on Facebook for the most up-to-date information concerning 78 Fitness and The Landing, including our most recent group exercise schedule! We can be found at **www.Facebook.com/KingstonSpaandFitness**.

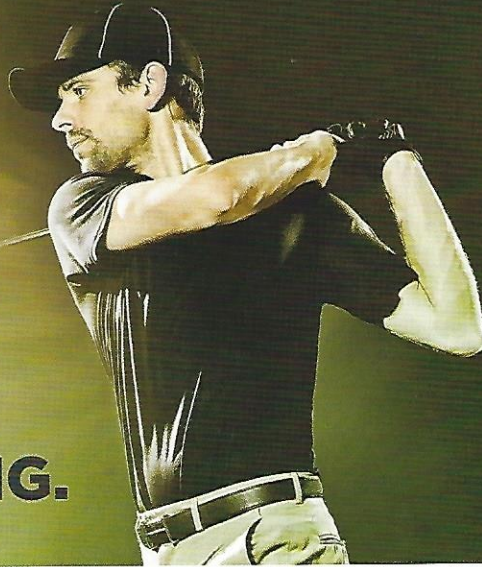
We look forward to connecting with you!



Don't forget to check out our neighbor at The Landing, and the premier spa in Myrtle Beach, **Spa 33**. Call **843-497-1910** for more information.



IMPROVE YOUR SWING.



The Landing at Kingston Plantation features three golf simulators that will help pinpoint any issues with your form, so you can correct that hitch before hitting the first tee.

GOLF SIMULATOR PRICING

PEAK HOURS | 2PM-10PM

1 Hr	1-4 player	\$40
1.5 Hrs	1-4 player	\$55
2 Hrs	1-4 player	\$70
2.5 Hrs	1-4 player	\$85

NON-PEAK HOURS | 6AM-2PM

1 Hr	1-4 player	\$30
1.5 Hrs	1-4 player	\$40
2 Hrs	1-4 player	\$50
2.5 Hrs	1-4 player	\$60

Dial 2444 to schedule or find out more.



MEET OUR PRO.

Michael Lutsky, PGA



Our golf pro, Michael Lutsky is available for private, group and corporate lessons and clinics. Mike moved to Myrtle Beach in 2002 to pursue a career in his lifelong passion – golf. He self-studied his way through the PGA Apprentice Program and became a Class 'A' Member in 2011. Mike has been working at Arcadian Shores Golf Club since 2003 and began instructing in 2006. He has worked with players of all abilities and ages, specializing in juniors and women. His teaching philosophy is simple – better golf through better body mechanics.

- Class 'A' PGA Member (2011)
- 2016 and 2017 Carolinas PGA Section Junior Player Development Award Nominee
- 2015–2017 Carolinas PGA Player Development Award Nominee

SIMULATOR LESSON RATES

1 Hour Private (Adult)	\$100
1 Hour Private (16 years and younger)	\$65

Group and Corporate Lessons and Clinics are available. Rates determined by the number of people and simulators needed.

Email Mike at mlutsky67@gmail.com or call **843-504-4004** to schedule a lesson or learn more about his services.



THE
LANDING
SPA & FITNESS CENTER

TheLandingKingston.com



78FITNESS

MONTHLY CLUB MEMBERSHIPS

Individual \$76
Couple \$104
Family (children up to 21 yrs.)* \$130

Individual Senior (55+) \$71
Couple Senior (55+) \$94

Individual Corporate \$66
Couple Corporate \$94
Family Corporate* \$120

*All family members must reside in the same household.

\$100 ENROLLMENT FEE INCLUDES

Court time included with priority time selection

Welcome gift

Social event attendance for members plus guest

Fitness assessment

10% discount on:

- Spa 33 Services
- Resort Restaurants
- Resort Gift Shops
- Golf Simulators

Spa Packages*

Spa 33 Signature

30-minute sugar scrub, 60-minute massage, 90-minute facial
with microdermabrasion

3 hours	\$375
5 hours (with signature mani & pedi)	\$455

Beach Awakening

30-minute body scrub and 60-minute massage

1.5 hours	\$180
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Southern Escape

60-minute massage, 60-minute facial and Express Pedicure

2.5 hours	\$290
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Low Country Ritual

30-minute sugar scrub, 30-minute hydrating body mask,
60-minute massage and 30-minute facial

2 hours	\$300
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The Tides Couples Retreat

60-minute couples massage, 30-minute side-by-side facials and
Signature Pedicures

2 hours	\$470
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Bliss Bridal Packages

Package price available upon consultation

Spa By Design

Design your personalized spa experience

Teen Spa**

30-minute Massage	\$65
30-minute Facial	\$70
60-minute Facial	\$125
Express Mani	\$25+
Express Pedi	\$35+

* Light snack and beverage can be added to any package, price
determined according to seasonal selections

**For ages 16 & under; 12 & under must be accompanied by an adult



For spa appointments please call 843.497.1910
TheLandingKingston.com

Spa Services

Massage

Swedish, Deep Tissue, Stone, Prenatal, Signature	
30 minutes	\$65
60 minutes	\$125
90 minutes	\$175

Body Treatments

90-minute Body Wrap (recommend consult)	\$175
30-minute Sugar Scrub	\$65
60-minute Sugar Scrub	\$125

Skin Care

30 minutes	\$70
60 minutes	\$135
90 minutes (includes microdermabrasion)	\$200

Microdermabrasion

30 minutes	\$100
Series of 5	\$450
Series of 10	\$800

Nail Services

Express Mani	\$25+
Express Pedi	\$45+
Signature Mani	\$35
Signature Pedi	\$55
Spa Mani	\$45
Spa Pedi	\$65

Add-Ons

Nail Designs	\$5 per design
Paraffin or Alternative	\$20
French Polish	\$10
Gel Polish	\$15
Regular Polish Change	\$20
Gel Removal	\$20+

Waxing

Eyebrow	\$20	Full Arm	\$50+
Lip	\$20	Half Arm	\$35
Chin	\$20	Underarm	\$30
Face (female only)	\$60	Bikini (consult required)	\$45+
Back	\$60+	Full Leg	\$80
Chest	\$50+	Half Leg	\$45

Salon services and pricing are available upon request.

