



**MEDIA CONTACT:**  
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**Great Wolf Lodge Partners with Celebrity Fitness Enthusiast Gabrielle Union  
For New Family-Friendly Workout Called “Adventure Training: Get Fit with the Great Wolf Pack”**

*Adventure Training With The Great Wolf Pack Is Scheduled to Debut at All U.S. Lodges on Oct. 1*

**ANAHEIM, Calif. – (Sept. 14, 2023)** – Families looking to burn some morning energy and prepare for a day of adventures at Great Wolf Lodge can flex, stretch, and kick-up the cardio at the indoor water park resort’s new Adventure Training: Get Fit with the Great Wolf Pack, developed by actress, producer, best-selling author and fitness enthusiast, Gabrielle Union and her longtime trainer, Gregg Miele.

Available to all families staying at any of the 19 U.S. Great Wolf Lodge locations, the fun, energizing, family-friendly workout is designed to help families strengthen their pack before embarking on a fun-filled day at the lodge. Adventure Training will be offered as one of the resort’s many complimentary activities for guests, and available every morning in the Grand Lobby.

“We continue to enhance the family experience at Great Wolf Lodge beyond our beloved indoor water parks by investing in attractions, entertainment experiences, and dining options outside the water park that families can enjoy together when they visit our resorts,” shared Brooke Patterson, Chief Brand Officer for Great Wolf Resorts. “We know families are going to love coming together to participate in the lively, fitness-inspired program we developed with Gabrielle, and it’s a great example of how we continue to elevate our entertainment offerings with our Great Wolf Pack characters.”

“Exercise and fitness programs are activities we enjoy doing together as a family, so it was fun coming together with Gregg to develop a program for Great Wolf Lodge that I know my daughter, Kaavia, and I would enjoy doing together,” added Union. “My hope is that families who participate in the Adventure Training program at Great Wolf Lodge will discover that fun and fitness can go hand-in-hand.”

Adventure Training: Get Fit with the Great Wolf Pack is a spirited, high-energy 15-minute program led, via recorded video, by Union and Miele. The duo takes participants through a fitness regime specifically designed so children, parents and even grandparents can do the exercises together. The program kicks-off with simple stretches and moves to strength training and cardio exercises before wrapping up with a cooldown segment. Miele serves as the more of the instructional coach, while Union provides constant encouragement, guidance and enthusiastic support.

All the movements and exercises in the fitness program relate to characters and stories from The Great Wolf Pack, a film released last summer by Great Wolf Entertainment. Some examples include Sammy Squirrel toe walks, Brinley Bear crawls and Wiley Wolf mountain climbers.

Additionally, characters from the Great Wolf Pack film make animated cameos during the workout to help children stay engaged and entertained throughout the program.

Adventure Training with the Great Wolf Pack will complement other free entertainment offerings available in the Grand Lobby including the nightly dance party, character meet-and-greets, arts & crafts and a nightly story telling experience. The program is scheduled to debut on October 1, 2023 and will run through August 31, 2024.

For more information about the Adventure Training program featuring Gabrielle Union at Great Wolf Lodge, please visit [www.greatwolf.com](http://www.greatwolf.com).

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**EDITOR'S NOTE:** Photos and video footage from Adventure Training: Get Fit with the Great Wolf Pack can be found [here](#).

#### **About Great Wolf Resorts, Inc.**

Great Wolf Resorts, Inc. owns and operates North America's largest family of indoor water park resorts. Great Wolf Lodge offers a fully integrated resort experience designed specifically for families, with an expansive indoor water park, family-friendly attractions, fun-filled entertainment, delectable eateries and more, all under one roof. The company has locations in: Wisconsin Dells, Wis.; Sandusky, Ohio; Traverse City, Mich.; Kansas City, Kan.; Williamsburg, Va.; Pocono Mountains, Pa.; Niagara Falls, Ontario, Canada; Mason, Ohio; Grapevine, Texas; Grand Mound, Wash., Fitchburg, Mass., Charlotte, N.C.; Garden Grove, Calif., Colorado Springs, Colo., Bloomington, Minn., LaGrange, Ga., Gurnee, Ill.; Scottsdale, Ariz.; Manteca, Calif. and Perryville, Md. Additional resorts are under construction in Mashantucket, Conn., Naples, Fla. and Webster, Texas.

#### **About Gabrielle Union**

#### **About Gregg Miele**