

Fitness and Wellness – Pump

Fitness Assessment

In this session a personal trainer assesses your current fitness level by testing aerobic capacity, body composition, flexibility, muscular endurance/ strength, blood pressure and heart rate. After analyzing the results, the personal trainer develops workout guidelines to increase your fitness level.

80 minutes

Personal Training

Create or enhance your workout with a one-on-one session with a certified personal trainer. Our trainers address your specific needs and help create a plan for your individual goals.

50 minutes

Golden Door Journey

Private Instruction available for:

Pilates: Emphasizing core strength, increased range of motion and better balance.

50 / 80 minutes

Yoga: Target balance, flexibility or strength to release tension and reduce chronic pain.

50 / 80 minutes

Kinesis: Utilize innovative full range of motion resistance machine for targeted training

50 / 80 minutes

Group Classes Available – Please see Spa Concierge for a list of classes and times

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Nutritional Counseling

This session begins with a profile to determine your personal wellness goals, health issues and lifestyle habits. After a body composition and dietary analysis, our Nutritionist will discuss eating behaviors that may be preventing you from reaching your goals as well as imbalances that may be occurring in proteins, carbohydrates and fats. Recommendations will be given that include dietary, lifestyle and behavioral guidelines based on your personal wellness goals.

80 minutes

Body Composition Analysis

Need motivation to get in shape? This assessment uses near infra-red light technology to directly measure your body composition. A final report will include your body fat percentage, body mass index, water weight, base metabolic rate and current caloric intake. A personal trainer will review the report with you to assist in creating a realistic plan for reaching your goals.

30 minutes

Holistic Stress Management

This interactive session will allow you to identify major stressors and the potential impact on your health. Learn a holistic approach to stress management that integrates mind, body and spirit to re-direct your responses to your major stressors.

80 minutes