Fitness Program

The Cal-a-Vie Fitness Program is an essential part of the Cal-a-Vie Health Spa experience. Whether you are kick-starting a regimen or taking your fitness level to new heights, Cal-a-Vie Health Spa wants to create an inspiring, non-intimidating environment for you to sample a variety of classes. From the most basic weight classes to the body-mind-spirit benefits of yoga classes, we are in constant pursuit of offering a safe, fresh, well-rounded program with each visit.

FITNESS ASSESSMENTS

*Bod Pod .................................................................$150
The Bod Pod is the most innovative technology to assess your body fat and lean mass. Measuring your body composition is one of the best indicators of overall health.

*Fitness Evaluation ...............................................................................................$150
A Fitness Evaluation and Wellness Profile is a wonderful service that is included for all European, California, and Special Stay 7 night plan programs. This one-on-one Fitness Evaluation is a comprehensive overview of the individual’s general fitness level. The results are based upon testing for cholesterol, body fat percentage, flexibility, strength, aerobic capacity, blood pressure, resting heart rate and body measurements. In conjunction with the Fitness Evaluation, guests complete a Wellness Profile questionnaire. Records are kept so that upon return visits a comparison reading provides insight into how changed behaviors have influenced the results. This can be very beneficial for individuals to set both fitness and wellness goals.

*Metabolic Rate Testing ....................................................................................$150
The test will measure your breathing and how much oxygen your body uses. This tells you how much energy (or calories) you are burning. This information can be used to calculate your target caloric zones so you can learn what it means to “eat to your metabolism.”

*VO2 Fitness Assessment .................................................................................$200
This test clinically measures oxygen consumption (VO2) and heart rate. These measurements are used to find target heart rate zones based on the individual’s aerobic and anaerobic thresholds. This test is designed to gather physiological performance data during a graded exercise test while breathing into a mask. During the test, the body is subjected to gradually increasing exercise levels measuring the body’s metabolic status and performance at each of the exercise levels. This test will identify ideal workout intensity levels. This data may then be used to define a precise, personalized exercise regimen to reach specific training goals.

3D Body Scan ..................................................................................................$125
Styku creates an exact 3D model then extracts hundreds of precise body measurements within seconds. Individuals can view precise waist, hip, bust, thigh measurements and more with an accuracy of 0.125 inches. Getting scanned is easy and harmless. Using infrared light, you stand on a rotating platform for 30 seconds while a 3D camera captures millions of data points. Styku uses a proprietary 3D feature recognition technology to extract measurements and generates reports to help track changes over time for future reference.

(*Not available for trade or upgrade)
**CAL-A-VIE SERVICES TRADE POLICY**
Any treatment within the basic spa package can be exchanged for any non-premium treatment of equal or lesser value. No credit or refunds will be given for services traded for a lesser value. Please speak with the guest service representative in the scheduling department for clarification of these specific treatments.

**CAL-A-VIE SERVICES CANCELLATION POLICY**
We are happy to enhance your spa package with our specialty services such as acupuncture, tennis, and evening massages. We require 24 hours’ notice for cancellations. Any services cancelled with less than 24 hours’ notice will be subject to a charge for the full rate.

*Rates are subject to change.*

**FITNESS CLASSES**

**1-2-3 FITNESS**
High intensity interval workout with 1 minute of Ab work, 2 minutes cardio and 3 minutes of compound muscle movements.

**50-50 CARDIO AND CORE**
All fitness levels will feel challenged with this interval workout of 50 seconds of cardio drills and 50 seconds of core.

**ACTIVATION BAR**
Find your inner balance using a weighted bar for core stabilization, balance, strength, toning, and lengthening all muscle groups.

**AEROBIC CIRCUIT**
Still a Cal-a-Vie favorite, this class alternates cardiovascular and resistance exercises at each one to three minute training station for a total body workout. Using all of the cardio machines and free weights, you’ll have the opportunity to work on aerobic and strength conditioning in one efficient and fun class.

**BAGS, JABS & ABS**
A high-energy cardio class, implementing the basics of boxing on the heavy bags, supplemented with brief cardio, resistance and balance drills then finishing up with abdominal work. This class incorporates medicine balls for the ultimate abdominal challenge. (High Intensity)

**BALANCE WITHIN**
A class to improve your inner strength and balance in everyday activity, exercise and sports.
BODYWORKS

If strength and endurance are areas that you need to improve, then this class is for you. Bodyworks is exclusively designed to improve your knowledge of free weights and the many variations that will keep your workout fresh and forever challenging. Using platforms and/or benches gives additional options for increasing or decreasing the degree of difficulty as you progress. This class will not only give you a serious workout for your whole body, but lots of ideas to take home with you.

BODY BARS

A strength and endurance class using a classic fitness tool. The Body Bar is a simple one-piece weighted fitness bar, 4 feet in length, and varies in weight from 4 to 18 pounds. This class teaches upper and lower body resistance exercises that augment balance and alignment. These bars can be used as an alternative to dumbbells.

BOSU BOOTCAMP

A total body BOSU workout, incorporating cardio, core strength and balance workout.

BRAZILIAN BOOTY: BUM BUM

Intense cardio and lower body sculpting class with sequenced high energy exercises.

BRAZILIAN BOOTY: HIGH & TIGHT

This class focuses on your hips, booty and thighs using standing moves and floor work with ankle weights and resistance bands to take your “booty” to new heights.

F.I.T (FUNCTIONAL INTERVAL TRAINING)

This high intensity interval class will take advantage of every functional training tool you can think of including kettlebells, slam balls, medicine balls, heavy bag, Bosu ball and more! This class will also incorporate a spin bike and the rower machine. The class will consist of nine different stations, where you will complete 3 rounds at each station for 20 seconds of work followed by 10 seconds of rest. Next, you will complete 1 round of each station for 30 seconds of work followed by 30 seconds of rest. You will feel the burn for the last time through each station, by working for 60 seconds and resting for 30 seconds!

BACK TO BASICS

A fun and exhilarating class consisting of weight resistance and body weight exercise that will burn body fat, increase metabolism, and increase your body awareness. Challenging class involving slower movements to improve strength and burn maga calories... come ready to learn how to strengthen the foundation of your own body mechanics.

GLORIOUS GLUTES

This class will give you the glutes you’ve always wanted utilizing the treadmill and body weight glute exercises. You will start with a 10 minute warmup on the treadmill before progressively increasing the incline to get the glutes firing. You’ll then move off the treadmill to perform some glute specific exercises like squats, lunges, bridges and MORE!
H.I.I.T THE PENALTY BOX
This high intensity interval training class is broken up into two segments of maximum effort exercises including functional power movements with fun modalities that include punching bags, medicine balls, slam balls and kettlebells. Plyometric and agility movements will also be incorporated utilizing the “Penalty Box” (agility ladder) followed by recovery exercises focusing on the core.

TOTAL BODY STRENGTH TABATA
Total body strength and endurance class using “20 seconds of work, 10 seconds of rest” Tabata technique. Nine movements done in three to four minute blocks using only dumbbells and body weight to isolate specific muscles. You will need to work at maximum capacity for each 20 second interval to achieve ultimate results and burn out.

TABATA AND ABS
Tabata approach of 20 seconds of work followed by 10 seconds of rest. The class will be set up in 4 segments of 4 minute circuit intervals consisting of exercises that include squats, presses, squat thrusters, power modified push-ups and more! The intervals will be broken up with a 3 minute ab section to target overall core strength.

UPPER CUT (BOXING CIRCUIT)
A boxing class that combines technique and combinations with agility, endurance, power, core, and resistance training. All drills and exercises will be done in a circuit form for time. Exercises include, but are not limited to heavy bag combinations, shadow boxing, foot ladder, medicine ball, jump rope, and free weights.

BURN & FIRM
Focus on specific muscle groups to tone your upper body with free weights for a great burn. Abs and glutes will be isolated to finish up the job.

CAL-A-VIE BOOT CAMP
Have fun outdoors in this basic boot camp. Running, interval training, plyometrics, and body weight exercises are used to increase strength and cardiovascular efficiency, and burn fat.

CARDIO ABS
Aerobic, anaerobic and abdominal conditioning using a variety of cardiovascular machines and exercise tools for abdominal strengthening (15 min. cardio, 15 min. abdominal, 15 min. cardio).

CARDIO BLAST
This format focuses entirely on aerobic and anaerobic conditioning through the use of a variety of cardiovascular machines and equipment such as the treadmill, elliptical, Cybex Arc Trainer, and recumbent bicycle. In Cardio Blast, you’ll work on becoming familiar with your aerobic and anaerobic zones. These zones are achieved through alternating the machines used, and varying speed, incline and resistance. You’ll also have the opportunity to work on gait analysis and perceived exertion identification.
CARDIO RESISTANCE
Aerobic and anaerobic conditioning with resistance and strength training using a combination of cardiovascular machines, resistance bands and balls (15 min. cardio, 15 min. resistance, 15 min. cardio).

CHISEL AND AB SOLUTION
A free weights class performing multi and single jointed exercises that are moderate to high intensity in order to exercise and overload the muscle groups of the arms, chest, back, shoulders, abdominals, and oblique’s.

CLUB BOX
This powerful class incorporates punch combinations and challenging speed and agility drills. It’s a total athletic body workout with a definite boxing feel combining cardiovascular and strength exercises. (High Intensity)

CORE GALORE
High intensity core workout with Body Bars, Gliders and Kettlebells to challenge core stability and strength.

FUNCTIONAL FITNESS
This non-stop, fat-burning functional movement class will strengthen and define your body by combining FUN cardio with a combination of upper and lower body strength moves. Warning: Fun music played so you might sing out loud!

FREE WEIGHT CIRCUIT
A circuit class for everyone taught in the weight room utilizing all free weights for an upper body, lower body and abdominal workout. Learn proper form, technique and new exercises to enhance your workout.

GOLDEN FITNESS FOR SENIORS
Using a chair for seated or standing support, let the fun music of the golden years help move you through a variety of exercises designed to increase muscular strength and range of motion.

HAVE A BALL
Strengthen your core and upper body using the Core Ball while rotating, swinging, shifting, and lifting. These functional training movements are multi directional, multi-planar and multi effective.

HARD CORE
The ultimate core challenge using basic abdominal exercises and emphasizing alignment and control. This class incorporates medicine balls, stability balls, and weights to achieve a stronger balanced core. (High Intensity)
H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)
This “Crossfit inspired” class is broken up into 3 segments of maximum effort exercises including strength, plyometric, aerobic, anaerobic, core, and finishing with flexibility.

HIKES
The highlight of the week for many guests is the Monday through Sunday hike. A perfect way to begin the day! Starting at daybreak these hikes include a variety of terrain, multiple types of inclines and declines, scenic vistas, luscious chaparral, and a great workout. The trails range from 2.5 miles to 4.5 miles in length and are among the beautiful rolling foothills that surround the spa itself; and are all within Cal-a-Vie’s spacious 300 acres.

INSANITY
You will need to “dig deep” for this high intensity max interval workout designed in three to five minute blocks. Work at your maximum capacity while incorporating cardio, plyometrics, resistance and abs.

INTRODUCTION TO GYROTONIC
An introduction to the exercises performed on the Gyrotonic Expansion System Tower. These exercises allow the user to stretch and strengthen muscles while stimulating and strengthening connective tissues in and around the joints promoting neuromuscular rejuvenation and spinal mobility. Learn more about synchronizing these exercises in a private Gyrotonic session.

INTERVAL WEIGHT TRAINING CIRCUIT
A combined cardio and strength training workout in the weight room. The circuit incorporates cardio intervals to build stamina and endurance along with a wide variety of strength and conditioning exercises. 2-minute strength-training intervals with 2-minute cardio intervals.

METABOLIC MAGIC
This class, using kettlebells, is a definite plateau buster to challenge your body to adapt to a higher level of power, strength and endurance. Training with kettlebells uses the entire body for virtually every movement pattern, leading to a more functional kind of strength.

METABOLIC MIXER
Rev up your metabolism by mixing a variety of common athletic movements into an intense workout that will challenge both strength and cardio fitness.

MUSCLES ON FIRE
A toning and conditioning class for anybody who wants to add strength into their aerobic workout. You will use a step platform, body bar and free weights to challenge all major muscle groups of the body. (High Intensity)
OPEN WEIGHT ROOM
Feel free to follow along at your own pace and time frame and enjoy the workout of the day!

P90X
Power through a variety of challenging full body strength training, cardio drills, core work and plyometrics to help you bust through plateaus.

PEAK PERFORMANCE
Maximum interval training to increase strength, agility and cardiovascular endurance using your own body weight. Each interval is 1 minute with a 30 second recovery. Take on the challenge and push yourself outside of your comfort zone.

PILOXING
Uniquely mixes Pilates, boxing, dance and balance moves into a muscle sculpting, core-centric interval workout.

PIYO
A rhythmic, dynamic total body workout with a constant flow of moves combining yoga, Pilates and strength training.

POWER STRENGTH & CONDITIONING
A high intensity class designed to actively challenge your strength, speed and endurance through resistance training, core strengthening, plyometrics, agility, and balance movements. These exercises will show you how to increase your fitness level, improve your metabolism, and change your body composition.

PURELY CORE
This class reviews and includes exercises for the core muscles; but also includes sculpting and toning movements. Exercise tools may be integrated into this class to add variety.

R.I.P.E.D.
Complete Resistance, Interval, Power, Plyometric and Endurance workout.

ROWBICS
An indoor rowing class that is low impact and works every major muscle group. It is known for terrific total-body strength and aerobic benefits. Rowbics classes are complete with heart pumping music, choreography and motivational cues while you are guided through resistance training and a fun cardio workout. (High Intensity)

ROWBICS STRENGTH
A variety of strength equipment incorporated into an indoor rowing class for total body strength and aerobic benefits.
SCULPT FUSION
Boost your metabolism and build lean muscle as you move to upbeat music. Sculpt Fusion combines free weights with yoga sequencing and cardio to intensify each pose while mixing in strength training moves for upper and lower body.

SPINNING
This stationary bicycle journey is a high intensity and challenging class. Variations of speed, resistance, and hand & body positions, provide endless possibilities in simulating a real biking adventure. SPD pedals are available on all of the bikes. (High Intensity)

SPIN AND STRENGTH
Stationary interval bicycle journey incorporating a variety of strength equipment for a high intensity workout.

STABILITY BALLS
The stability ball, which was originally used for physical therapy rehabilitation, is an excellent tool for creating a variety of challenging exercises. Using the instability the ball can create for specific exercises, you can improve your core strength, overall muscle endurance and balance. The beauty of the stability ball is that it can also provide great torso support for those with problematic backs. The stability ball provides a full spectrum of exercises for a well-balanced resistance program and offers an effective cross-training element.

STABILITY BALL STRENGTH & TONE
This class adds a new dimension of difficulty to traditional stability ball exercises by incorporating upper body strength exercises using free weights and resistance balls.

STEEP STRIDES
A treadmill class that utilizes elevation and body weight exercises to create a fun and challenging aerobic workout.

STRETCH AND RELEASE
This class uses the foam roller and traditional stretch techniques to help release myofascial tissue and improve your flexibility, function, performance, and reduce injuries.

STRETCH
Stretch class is designed to teach proper body alignment while executing static or held stretching techniques. These movements promote improvements in flexibility and emphasize the importance of stretching for injury prevention. Breathing techniques are used to help with relaxation and the effectiveness of the stretches.

TAKE YOUR MEDICINE
Medicine ball class for full body workout filled with powerful moves to build strength and endurance.
TOTAL KNOCKOUT TKO
Fast paced cardiovascular conditioning Kickboxing workout with circuits for increased strength in the upper body, lower body, and core.

TREAD & SHED
A group treadmill class with a specifically designed cardiovascular workout to blast calories. The class combines intense variables of incline, speed, simulated rolling hills, flat roads, and steep hill climbs. Music is used to influence tempo, speed, and the intensity of the workout.

TRIPLE THREAT
Run, Row, and Ride! This class will teach you the basics of each modality. So, challenge yourself with this full body workout.

TRX STRETCH FLOW
Working Multi-plane and multi-directional movements this class will take your stretching to a new level.

TRX SUSPENSION TRAINER
Suspension training is a method of leveraged body weight exercises used to help with power, strength, flexibility, balance, mobility and to prevent injury at the intensity you choose.

TRX BODY BLAST
This is a fast-paced total body workout with choreographed TRX exercises.

TRX TO THE “CORE”
This class is a multidimensional core class that incorporates both the TRX Suspension Trainer and TRX Rip Trainer for exercises that specifically target & challenge your entire core.

TRX MULTI-MODALITY
This class fuses together TRX Suspension Training and Rip Training with medicine ball, free weight, PowerBand, and kettlebell exercises for a total body workout. Exercises include single joint and multi-joint movements, aerobic and anaerobic conditioning, dynamic movements, and core strength and stability.

TRX POWER CIRCUIT
Quick paced full body workout utilizing the TRX Suspension Trainer and TRX Rip Trainer rotating from station to station focusing on power, strength and core.

ULTIMATE TOP TO BOTTOM
An intense muscle conditioning class that combines traditional toning exercises with dynamic movements. Using the principle of progressive overload, you’ll begin with light weights and increase to heavier weights to maximize strength, power, coordination, and conditioning. (High Intensity)
UPPER BODY BLAST
Give your upper body the attention it needs. Specifically designed to work all of the major muscle groups in the upper body.

UGI BALL
A challenging total body workout that combines core, strength, and cardio training in a challenging way to become functionally fit.

VIPR STRENGTH
Loaded movements using the VIPR (trainer), concentrating on strength, mobility, and positional stability; training the body for real life movements (not your traditional strength class).

WALKS
There are two different walks offered daily. The early morning walk takes place at the neighboring golf course at the same time as the hike. This brisk walk ranges from 2.25 miles to 4.5 miles and is both challenging and scenic. The afternoon walk is a great post-lunch workout in the neighborhood surrounding the country club. In addition, there are several other walks available throughout the week including a guided Nature Walk that offers a tour of the grounds to discover the local flora and fauna.

WEIGHT ROOM CIRCUIT
This circuit is taught in a variety of ways and may utilize selectorized machines, free weights, curl bars, cross cable, FT360, stability balls, BOSU, medicine balls, resistance bands and more. The class is monitored by one or more instructors to assist with proper execution and form for maximum benefit.

PILATES

MAT PILATES FLOW
The flow class reinforces all of the fundamentals of Pilates while continuing to challenge and develop more strength and ease of movement. The class consists of a series of movements which increase strength and flexibility, while improving alignment, balance, coordination and tone. The focus is on integrating transitions from one movement to the next.

PILATES APPARATUS FLOW
Find your Pilates flow with this combination class of classical Pilates movements on the Pilates toning tower apparatus. You will get a taste of a core based series while strengthening your arms and legs with spring loaded handles. Fun focus on fine tuning your connection to your core by awareness of your alignment. Strengthen and tone as you flow through basic Pilates exercises, while receiving support and feed-back from the toning tower apparatus.
PILATES APPARATUS BARRE FUSION
This workout focuses on movement from your core. Warm up to barre footwork and fine tune and tone on the Pilates toning tower.

PILATES BALL SHAPE UP
A mat Pilates class using a small Pilate’s ball which increases difficulty, adding challenge and variety for balance. Your core stability will be tested as well as your strength, control and balance.

PILATES STRETCH & RELEASE
Perform a variety of slow and controlled exercises using a foam roller to help improve your posture, and balance while executing moves with precision which will allow for focus on breathing.

PILATES POWER TOOLS
Connect more deeply to the Pilates exercises. Explore using props such as bands, power circles, and small balls to deepen the experience of intermediate mat exercises.

PILATES 20/20 (HIGH INTENSITY)
This class features a Pilates and cardio workout starting with 20 minutes of endurance cardio training to challenge your heart rate; followed by 20 minutes of a Pilates mat workout that will push your core to the limit. Then, the class finishes with a cool down and stretch.

AQUATIC
POOL HOURS & SAFETY
The upper Olympic length pool is open at 9:00 am and covered at 6:00 pm daily. The lower pool by the guest Villas is available anytime. There is no life guard on duty at either pool; and swimming is at your own risk. There is no glass allowed at both pools; and bottled water, robes, towels and sunscreen are provided. Bathing suits are required for swimming and sunbathing; as we are not a clothing optional spa. Telephones are located at both pools for your convenience and safety.

AQUA SCULPT
A variety of water exercises performed using water noodles to sculpt and strengthen your whole body.

BOARD BODY BOOTCAMP
FitMat fitness is a fun and challenging way to get fit. Sculpt your body, strengthen your core, improve your balance and increase your overall wellbeing with an interval style of cardio and strength based movements.
CARDIO AQUA JOGGING
Aqua jogging, using a flotation belt, can help maintain fitness without major impact. Also known as deep water running, this activity can optimize cardiovascular and muscular conditioning.

DEEP WATER EXERCISE
A challenging workout for everyone that conditions all of the major muscle groups along with the heart and lungs. Exercises are performed using a variety of equipment along with traditional swimming strokes to strengthen joints, tone muscles and burn fat.

HIT THE H2O “HIGH INTENSITY DEEP WATER”
Warm up in the shallow end, then jog to the deep water for a high intensity cardio workout.

HYDRORIDER
It’s a spinning class in the pool! The Hydrorider is a unique aquatic stationary bike that allows you to pedal in the water while taking advantage of its multiuse functions. The bike has state of the art features for custom fitting and can be used by those who are conditioned, unconditioned, and populations with special limitations. Hydrorider advantages include the property of buoyancy which in return provides stress-free training for the joints and the lower back.

HYDRO RIDE & TONE
This aqua-workout alternates between cardio on the Hydrorider, and strength training using the Hydronarters.

HYDRORIDER H.I.I.T H2O
This aqua workout will alternate between intervals on the hydorider bike and high intensity interval exercises in both the shallow and deep end of the pool. This is a mashup of our traditional hydorider, deep water exercise and shallow water power classes performed at a higher capacity.

JOINTS IN MOTION AQUA WORKOUT
This gentler class in our 86 degree shallow pool is designed to cultivate, maintain, and improve your physical range of motion, balance, stability, and strength for quality of movement in everyday life.

LAP SWIM
“Workout of the day” for those guests wishing to swim on their own. A daily workout posted at the Upper Pool designed by the fitness department.

NAUTICAL FLOW
Awareness of the connection between mind and body is the first step toward achieving a fluid state. This class focuses on breathing, movement stability and other fundamentals that help create a healthier, happier you.
**SHALLOW WATER POWER**
An athletic aqua strength and conditioning class with explosive powerful moves that will challenge your whole body without the impact. (High Intensity)

**SOUL IN MOTION YOGA**
Yoga on a stand up paddleboard inspired floating studio will reinvigorate you and push you to become an even better yogi than you thought possible — all while enjoying the natural splendor of floating on water.

**POOLATES**
Experience and enjoy the best of both worlds: the strength and grace of Pilates and the tranquility of the water. The fundamental exercises of mat Pilates are performed on the FitMat. This format enhances recruitment of deep stabilizing muscles of the pelvis and spine.

**TOTAL AQUA CIRCUIT**
This athletic shallow water aqua class combines cardiovascular exercise, resistance, and core strength exercises in a circuit. You will move through 5 min. of cardio, 2 min. of upper body resistance training, 2 min. of lower body resistance training, and 2 min. of core strength exercises. You will repeat the circuit three times during class. (Lower Pool)

**TRIATHLON WATER WORKOUT**
Enjoy a fun high energy workout of swimming, cycling, and running in the water. This is a great aerobic workout; with less impact on the joints, while still receiving benefits from the extra resistance provided by the water itself.

**SHALLOW WATER POWER**
An athletic aqua strength and conditioning class with explosive powerful moves that will challenge your whole body without the impact. (High Intensity)

**WATER VOLLEYBALL**
This very popular activity includes instruction and two to three games, depending on the time available. It’s a very social and fun activity; and a great way to stay cool at the pool! (Lower Pool)

**WATERWORKS**
Waterworks is a non-impact class performed in the water. Using a variety of movements and equipment, these classes emphasize cardiovascular conditioning, muscle toning and endurance. The Cal-a-Vie pool is kept at 86 degrees for a comfortable experience year-round. Waterworks is therapeutic and fun. (Lower Pool)
BARRE BASICS

BARRE CAMP
A combination of traditional barre work paired with upper body super set sequences using light weights.

BARRE MAGIC
A high intensity workout that focuses on toning the upper body, lower body and abdominals using isometric exercises on the ballet barre.

BOOTY BARRE
A non-stop series of ballet inspired moves to tone and tighten the entire body focusing on the upper body, lower body, and core.

BARRE GLIDE
The use of gliders takes this barre class to a new level increasing strength, endurance, stamina and balance.

BARRE PLUS
A low impact but high intensity booty burning Barre based workout incorporating the ActivMotion Bar for strength and balance, as well as the glider discs for an extra added challenge. The ActivMotion Bar will be utilized to focus on Pilates core based exercises off the Barre.

INTERVAL BARRE
This class alternates between cardio training, and specific barre exercises using weights and balls for a total body workout.

DANCE

BELLY DANCE
Enjoy the fun of swaying hips and undulating torso moves with coin shimmy belts, sheer vails, and finger symbols.

CARDIO DANCE AND SCULPT
It's hard not to move in this thriving upbeat class which alternates dancing (your cardio) with sculpting to some fun pumping music! So get your steps in and burn calories in this combination class.

COUNTRY HEAT
Fire up your metabolism and burn calories in this high-energy, low-impact, country dance-inspired class that is so fun you won’t even feel like you’re working out!
DANCE FUSION
A fun and energizing class that encompasses an eclectic mix of music and dance moves.

DANCE PARTY
It’s time to share in the fun and get this party started. Shake your booty to the dance songs you know and love.

HOOP IT UP
Get ready to laugh, sweat, and have fun while you discover a great new cardiovascular and muscle toning workout in “Hoop Dance”. No matter what your level, you will learn to maneuver the revolutionized larger, weighted hoops around your body with ease.

LABLAST
A dance based fitness workout that incorporates elements from several types of dance steps—Cha Cha, Disco, Jive, Merengue, Quick Step, Salsa, Samba, Lindy Hop, and Paso Doble. Enjoy the fun music and choreographed moves in this high energy dance class.

LATIN
An energetic, easy to learn, continuous rhythmic dance class comprised of mostly Latin based moves including Salsa, Merengue, Mambo and Cha-Cha.

ON BROADWAY DANCE
Fun and simple dance steps set to Broadway show tunes.

ZUMBA
A dance class that combines high energy and motivating music with unique moves and combinations. Zumba is based on the principle that a workout should be fun, easy, and elevate happiness. Zumba is a fusion of Latin and international music and dance themes, featuring aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

ZUMBA TONING
Add another dimension to Zumba dance. This class takes the original dance/fitness class to an entirely different level with a breakthrough muscle shaping system using lightweight toning sticks like a set of maracas.
RESTORATIVE

ROLL MODEL
Become a Roll Model. Come to class and learn self-massage techniques using Roll Model therapy balls. Develop a practice of self-care by learning a variety of self-massage techniques. The instructor is your tour guide but you are in charge of adjusting pressure, placement and time spent in each trigger point. Explore your body's tissues with a variety of different size tools to meet specific needs. We sell the Roll Model®️ kit in the boutique so you can practice at home what you learn.

MELT METHOD
Melt rehydrates connective tissue and allows the body to release tension and stress that leads to chronic pain. Using the Melt roller and soft balls, Melt improves flexibility, posture, alignment as well as joint mobility.

ROLL AND RESTORE
This therapeutic technique is designed to create freedom and a wider range of motion in your joints. Through diaphragmatic breathing and rolling on therapeutic balls you will release tension patterns in the fascia and musculature to restore optimal alignment of your body.

FITNESS SERVICES

*Private Fitness Session .......................................................... 50 min. from. $150
A one-on-one workout session with a personal trainer.

*Semi-Private Fitness Session ........................................50 min. each. $125
Enjoy a fitness session with a family member or friend.

*Private Fitness Session with Written Program ..................... 50 min. from $250
A one-on-one workout session with a personal trainer; including a custom designed at-home regimen to continue your training after your stay at Cal-a-Vie.

*Private Fitness Session with Consultation and Take Home Program 50 min. from $300
A consultation with a personal trainer to discuss your current fitness level; evaluate your current workout regime, and determine general goals for your personal written take home fitness program. Includes 30 minute consultation, 45 minute personal workout, and a 45 minute workout review.

*Private Pilates Apparatus Session ........................................ 50 min. from. $150
A one-on-one Pilates Apparatus session with a certified Pilates instructor.

*Semi-Private Pilates Apparatus Session ..................................50 min. each $125
Share a session with a family member or friend.

*Group-Private Pilates Apparatus Session ..............................50 min. each $100
Share a session with a group of three.

(*Not available for trade or upgrade)
*Private Gyrotonic ........................................................................50 min. $150
Exercises are performed on the Gyrotonic Expansion System Tower. The Gyrotonic System allows users to stretch and strengthen muscles while stimulating and strengthening connective tissues in and around the joints. These exercises are synchronized with corresponding breathing patterns, thus enhancing aerobic and cardiovascular stimulation and promoting neuromuscular rejuvenation to improve spinal mobility.

*Fitness Evaluation with Wellness Profile ......................................50 min. $150
Comprehensive analysis of an individual’s overall fitness level. The profile includes: body measurements, cholesterol testing, body fat percentage, flexibility, strength, blood pressure, resting heart rate, and aerobic capacity.

*Private Hike ..............................................................................50 min. $150
A one-on-one hike with a trainer.

*Semi-Private Hike .................................................................50 min. each $125
Enjoy a hike with a family member or friend.

*Private Group Hike ..................................................................50 min. each $100
Two instructors will guide your group of three or more through the trails of Cal-a-Vie.

*Private Swim Lesson ..................................................................50 min. $150
A one-on-one swim lesson with a certified swim instructor.

*Semi Private Swim Session ....................................................50 min. each $125
Enjoy a swim session with a family member or friend

*Private Swim Stroke Evaluation and Technique ........................50 min $200

*VO2 Fitness Assessment ..........................................................50 min. $200
A test that clinically measures oxygen consumption (VO2) and heart rate.

*VO2 with Personalized Cardio Workout ....................................90 min $300
Data from your VO2 fitness assessment will be used to define a precise personalized cardio regimen to reach specific exercise goals. A written take home cardio program will give you a timeline, with research based workouts.

*Metabolic Rate Testing .............................................................50 min. $150
A simple breath test measures how much energy (calories) you burn daily.

*Bod Pod .......................................................................................$150
This is the most innovative technology to assess your body fat and lean mass. Measuring your body composition is one of the best indicators of overall health.

*Peaceful Breath and Rejuvenation ............................................$150
A private session with a yoga instructor will teach restorative postures to meet guests’ needs; along with focused breathing and relaxation.

(*Not available for trade or upgrade)
*Breathe Flow Restore .................................................................$150
A private session with instructor to learn Pranayama Breathing. This is a useful tool for practicing the way you inhale and exhale (mindful breathing). The control and extension of the breath can help you successfully activate or soothe your mood.

*Private Yoga .................................................................50 min $150 ......90 min. $200
One-on-one Yoga session with certified yoga instructor.

*Semi-Private Yoga Session ..........................................................50 min. each $125
Enjoy a yoga session with a family member or friend.

*Group-Private Yoga Session ..........................................................50 min. each $100
Enjoy a yoga session with a family member or friend.

*Private Feldenkrais Method Session ..........................................................50 min. $160
One-on-one Feldenkrais Method session with Judy Kileen.

CAL-A-VIE SERVICES TRADE POLICY
Any treatment within the basic spa package can be exchanged for any non-premium treatment of equal or lesser value. No credit or refunds will be given for services traded for a lesser value. Please speak with the guest service representative in the scheduling department for clarification of these specific treatments.

CAL-A-VIE SERVICES CANCELLATION POLICY
We are happy to enhance your spa package with our specialty services such as acupuncture, tennis, and evening massages. We require 24 hours’ notice for cancellations. Any services cancelled with less than 24 hours’ notice will be subject to a charge for the full rate.

Rates are subject to change.
YOGA

ASHTANGA YOGA
An intense physical and athletic flowing style of yoga. (High Intensity)

AQUA YOGA
The dynamic and therapeutic qualities of water make for an invigorating and challenging, yet accessible environment for yoga practice. Aqua yoga makes exercising safer for many people with injuries. The water helps support the body, easing pressure on the joints. Water also adds resistance and builds strength as the muscles must push against the water. Water can be very nurturing, putting us more in touch with intuition and spirituality.

CHAIR YOGA
A gentle form of yoga that is practiced sitting on a chair or standing using the chair for support. Chair yoga is a great practice for anyone interested in deepening flexibility and increasing personal body awareness. This class emphasizes the importance of breath and uses the flow of your breath to connect with gentle movements. While seated, you are able to do versions of twists, hip openers, forward folds and mild back bends.

FLEX & FLOW YOGA
Yoga combo class of 15 minute yoga infused warmup followed by a 15 minute high energy but low impact weight training circuit and finishes with 15 minutes of a yoga cool down stretch.

LETTING GO VINYASA YOGA
A Vinyasa Yoga class to release any toxic thoughts, worries or fears that keep you from receiving the gift of total relaxation and rejuvenation. A practice that uses the power of breath and mantras to let go of what no longer serves you or what you have outgrown.

SLOW FLOW YOGA
This class is a combination of breath to postures and fluid movement performed at a slower pace than Vinyasa, giving you more time to explore alignment and sensation within each individual posture.

VINYASA FLOW YOGA
A breath-synchronized yoga format. Poses will flow from one to another in conjunction with the breath.
YIN/YANG YOGA
This class begins with a slow flow to warm the body and integrates Yin Yoga to passively stretch the connective tissue and give more attention to the body’s fascia.

YIN YOGA
Yin Yoga is a perfect complement to the dynamic and muscular (yang) styles of yoga that emphasize internal heat, and the lengthening and contracting of our muscles. Yin targets the connective tissues, such as the ligaments, bones, and even the joints of the body that normally are not exercised very much in a more active style of asana practice.

YOGA AT THE BARRE
Great yoga class for beginners to intermediate that utilizes the Ballet Barre to support posture through each unique sequence.

YOGA FOR RELEASE
This class incorporates gentle yoga movements, breath and meditation.

YOGA SCULPT
Yoga Sculpt incorporates flowing yoga postures with light hand weights to tone your muscles and clear your mind.

YOGA STRENGTH
This workshop style yoga class is great if you are already a basic yoga practitioner. Starting with a short meditation, you will identify and target what you need to strengthen that day. This class is an intimate communication of your mind and body that challenges you to master one pose at a time.

YOGA TUNE UP
If you love yoga poses, corrective exercises and rolling on therapy balls, this is your one stop class. We will warm up tissue to release tension and then move through poses to strengthen and stabilize hips, spine and shoulders.

CHAKRA YOGA – REALIGN THROUGH MOVEMENT
You’ll realign and bring increased energy to each of the seven main Chakra centers located along the spine using yoga poses combined with imagery and sound. Chakra means “wheel” or “disk.” When one or more Chakras are blocked, this manifests as congestion in the body’s physical health as well as an imbalance in one’s emotional and/or spiritual life. (All Levels)

CORE YOGA
Combining traditional Pilates with flow yoga for a total body workout focused on core strength. You will develop core strength and stabilization through Pilates poses, and improve your flexibility, muscular strength, posture, balance and alignment through yoga poses, breathing and relaxation.
GENTLE YOGA
This class focuses on relaxing the body in restful postures. Rest provides the body with an opportunity to renew and heal. Gentle Yoga is responsible for balancing the body and bringing its response system back into equilibrium.

HIP & SHOULDER OPENING YOGA
A specific sequence of yoga poses used to therapeutically release tension and strengthen the muscles that support the hip joints. (All Levels)

RESTORATIVE YOGA
This class uses slow, and deep breathing with gentle, and mindful movements on the floor. This will help you understand and feel the power of relaxation; and release tightness in the body.

MEDITATION
Meditation is the opportunity to learn how to become quiet, intuitive, and wise in a busy world. Experience the beauty of our restored 18th century French chapel or the tranquility of the Labyrinth, while learning techniques ranging from mindfulness practices to guided visualizations. Relaxing through meditation helps elevate inner peace. Learn how to eliminate the burdens of stress and to soothe the soul. More than a mind vacation, meditation is a life tool you can use anytime, anyplace.

CHAKRA MEDITATION
Guided meditation through all 7 Chakras.

DYNAMIC MEDITATION
Through the process of breath work, catharsis, rhythmic movements, stillness and flowing movements, participants will feel emotional release and an increase awareness of their vital energetic self.

EXPLORING MEDITATION
Great for anyone new to meditation and how to incorporate a meditative state of mind in your busy life back home. Silent walk, mindful eating, gemstone energy healing and crystal sound bowl.

GUIDED MEDITATION
An instructor will facilitate with an option to end with your own meditation.

LABYRINTH
Our classic seven-circuit labyrinth pattern provides a path for an introspective walking meditation. The labyrinth introduction class teaches the ancient history of the labyrinth and walking techniques. You are encouraged to experience the labyrinth independently throughout your stay and take the opportunity to “set your intentions”.

MIND-BODY-SPRIT
MEDITATION NATURE WALK
Nature walk through Cal-a-Vie’s beautiful property where you will practice meditation in motion/walking.

MIND BODY BALANCE
Using your Banda (yogic core) to balance in a variety of positions to challenge both mind and body.

PRANAYAMA
This practice of yoga breathing helps to calm the mind, improve focus, and reduce anxiety. It also brings positivity, energy, and strength to the mind; and reduces anxiety.

MINDFUL ART AND CREATIVITY

BOOK MARKER MAKING
Enjoy a meditative spa walk through the beautiful gardens, and pick a seasonal flower of your choice to make a personalized book-marker to take a little bit of your Cal-a-Vie journey home with you.

CREATE A LAVENDER WREATH
Have fun with Lavender. Create a beautiful lavender wreath with fresh lavender gathered from the Cal-a-Vie hills.

CREATE YOUR CHAKRA ENERGY BRACELET
Learn about Chakras then create your own bracelet to enhance your energy.

FLOR MANDALA PRINT
Create a radial “mandala like” print inspired by the gardens and natural surrounding areas of Cal-a-Vie. Traditional print making techniques will be taught; allowing guests to experience this ancient art method with roots in both Europe and Asia.

JAPANESE TEA CEREMONY
Experience the tranquility of a hands on workshop of Sado— the way of tea. Learn about the history and benefits of Matcha tea with this 101 class.

JOURNEY CARD ART
Create an artistic expression and a reminder of your personal goals with your own journey card. It will be mailed back to you in six months.
LIVING NATURALLY WITH ESSENTIAL OILS
Explore the many ways to use essential oils to enhance your wellbeing and environment, and create your own personal recipe to take home.

ORIGAMI
Learn the tradition of paper art and experience peace and calm.

ROCK PAINTING
Express yourself with your own artistic creation on a rock; and either leave this piece of you at the Labyrinth, or take it home with you.

SUMIE
An artful form of meditation using a brush, ink, and your imagination.

ZENTANGLE
This class is based on the Zentangle Method of pattern drawing which is an artistic form of meditation.
The dress code for Vista Valley Country Club is as follows: Bermuda shorts no shorter than four inches above the back of the knee are permitted. Shirts with collars are to be worn at all times. Shirtails must be tucked in. Ladies may wear designer blouses without collars. Spike-less golf shoes are required. No jeans.

**WEEKDAY (MONDAY-THURSDAY)**

- 9 Holes w/cart .......................................................... $75
- 18 Holes w/cart ........................................................... $150

**WEEKEND (FRIDAY-SUNDAY)/ HOLIDAY**

- 9 Holes w/cart .......................................................... $100
- 18 Holes w/cart ........................................................... $200
- Golf Lessons ............................................................... $65 an hour
- Driving Range ............................................................ $25
- Club Rental 9 Holes ..................................................... $25
- Club Rental 18 Holes ................................................... $50

**TENNIS LESSONS**

**KRIS KLUIS**

**COACH**

Enhance your game, learn new skills, and enjoy a great workout on Cal-a-Vie’s “red clay” court. Kris Kluis, Cal-a-Vie’s teaching professional since 1996, is a graduate of the prestigious Professional Tennis Management Program at Ferris State University Michigan. Kris has 20 years of experience teaching adults of all ability levels at various private country clubs, resorts, and spas. His goal is for you to have a lot of fun while enjoying the benefits that an on-court workout will provide!

- Private Lesson ............................................................... $95
- Semi-Private Lesson (2 guests) ..................................... $65 each
- Group Tennis (3 or more) .............................................. $55 each