



## FITNESS

Private Fitness Session One-on-one workout session with a personal trainer.	50 minutes	\$125
Private Fitness Session (with at-home regimen) <sup>*</sup> 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.	50 minutes	from \$175
Private Pilates Apparatus Session One-on-one Pilates Apparatus session with a certified Pilates instructor.	50 minutes	\$125
Semi-Private Pilates Apparatus Session Share a session with a family member or friend.	50 minutes	each \$100
Private Gyrotonic 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.	50 minutes	\$125
Fitness Evaluation with Wellness Profile <sup>*</sup> Comprehensive analysis of an individual's overall fitness level. Includes cholesterol testing, body fat percentage, flexibility, strength, aerobic capacity, blood pressure, resting heart rate and body measurements.	50 minutes	\$150
Private Hike One-on-One hike with a trainer.	50 minutes	\$125
Semi-Private Hike Enjoy a hike with a family member or friend.	50 minutes	each \$100
Private Group Hike Two instructors will guide your group of three or more through the trails of Cal-a-Vie.	50 minutes	each \$90
Private Swim Lessons All Levels	50 minutes	\$125
VO <sub>2</sub> Fitness Assessment <sup>*</sup> A test that clinically measures oxygen consumption (VO <sub>2</sub> ) and heart rate.	50 minutes	\$175
Metabolic Rate Testing <sup>*</sup> A simple breath test measures how much energy (calories) you burn daily.	50 minutes	\$125
VO <sub>2</sub> Fitness assessment and Metabolic Rate Testing <sup>*</sup>	90 minutes	\$250

<sup>\*</sup>May add Individual Nutrition Consultation for \$175 when combined with services marked with asterisk.