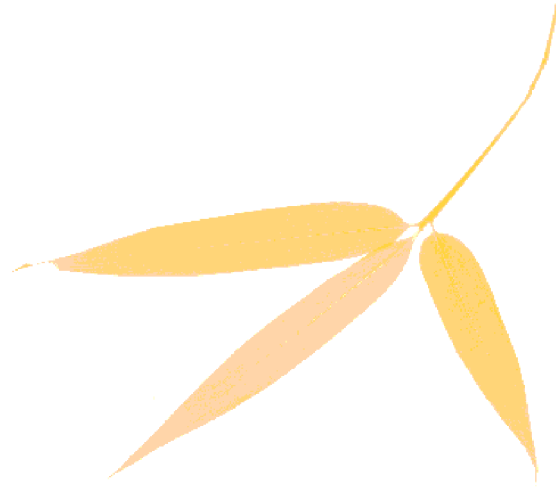


# FITNESS

## Classes & Activities



We select for you a balanced schedule of activities based on the health and fitness information you have provided.

If you see additional classes that interest you, be sure to let your Interviewer or Fitness Guide know.

Your Fitness Guide can refine your schedule during the week according to your needs.

Classes are for all fitness levels unless indicated:

L=Light

M=Moderate

C=Challenging

Schedules and classes are subject to change without notice. Not all classes and activities may be offered at the time of your visit. If you would like information about a specific class or activity, call ext. 4156 or see the Daily Activity Board by the pool.

## HIKES

*Each hike has a leader and a "shepherd", so that you may walk at your own pace.*

*Shoes: Well-broken-in hiking shoes/boots with good tread are required.*

**MEADOW:** A light, level walk on flat terrain past our bamboo garden to the meadow loop. (1.5 mi.)

**MEDITATION HIKE:** M, C

Gather in silence around your guide and begin your journey up the steps of the switchback trail to a mountaintop clearing high above the valley. Still in silence, flow through the gentle movements of Tai Chi, listening with your whole body to the song of wind and birds. Then, find a private spot in which to silently savor the fresh, light breakfast tucked into your backpack. Coming down the mountain, you arrive in a shaded glen where you are invited to walk the labyrinth. When all have gathered together once again, the silence is lifted and you may share, if you wish, your personal experiences of the morning.

**BAMBOO MEDITATION HIKE:** L

Walk the meadow and bamboo grove in contemplative, observant silence, allowing your inner self and the natural world to become a reflection of each other.

**MODERATE:** M, C

**Jackrabbit •** Our shortest moderate hike includes hills and steps. A shortcut via the Quail Trail may be taken to reduce the length of this hike by half. (.75 – 1.5 mi.)

**Quail •** Rolling terrain with moderate inclines, including steps. Beginning Wednesday, an optional half-mile upper loop is added for increased challenge. (3 – 3.5 mi.)

**MOUNTAIN HIKES:** M, C

**Deer •** A challenging incline takes you to the mountain summit where, on clear days, you can view the ocean. Return via switchback trails (or via the road if preferred). Wednesday, Friday and Saturday offer an additional half-mile loop. (3 – 4 mi.)

**Red-tail Hawk •** Begin on a challenging mountain road, then branch off onto a trail through boulder fields and avocado groves to the lake at the mountain summit. Return via Meditation Hill and the switchbacks. (4.5 mi.)

**Dove •** Up the mountain road straight to the summit lake, then off on a large loop through the avocado groves with a panoramic view of mist-shrouded hills, distant mountains, and the Pacific Ocean. Return via Meditation Hill and the switchbacks. (5 mi.)

**Eagle Rock •** Ascend the mountain road to the summit, and wind through the avocado groves to see two huge boulders, one in the shape of an eagle's head. Savor the valley view with the Pacific in the distance. Continue over some sizeable hills before returning via the switchbacks. (6 mi.)

**Bullfrog •** Ascending the shorter, but more challenging switchbacks, this hike winds around the avocado groves before descending via the mountain road. (5 mi.)

**Crow •** The challenging mountain road begins a scenic hike with views of the Pacific and valley below before descending Meditation Hill and the switchback trails. (6 mi.)

**Blue Jay •** Our most challenging hike ascends the mountain road and a portion of the switchbacks. After traversing the avocado grove trail, climb another long and steep incline to the final peak with a stunning view as its reward. Descend a portion of the switchbacks to the mountain road. (5.5 mi.)



## STRENGTH, BALANCE & POSTURE

**BALLETONE®** • Classic ballet combines with modern fitness concepts to enhance body awareness, strengthen core muscles, and improve overall flexibility and conditioning. Emphasis is on form, quality, and grace of movement. Shoes: not required.

**CORE AND STRETCH** • Stabilize your core with exercises to strengthen abs, lower-back, and gluteal muscles followed by full-body stretching. Shoes: not required.

**PILATES MAT** • Body conditioning through breathing, flexibility, strength, and alignment. Slow, mindful movements with the Half Barrel, Magic Circle, Foam Roller, plus towel exercises enhance awareness and improve abdominal strength. Shoes: not required. M, C

**POSTURE IMPROVEMENT** • Awareness of lifestyle patterns can affect posture. Targeted exercises and stretches improve posture and trunk stabilization. Shoes: not required.

### SCULPT SERIES

**SCULPT BASICS** • Toning and strengthening for all major muscle groups, using dumbbells, barre, and floor exercises. Shoes: any athletic. M, C

**SCULPT REEBOK® CORE BOARD** • A full-body workout using a multi-dimensional, unstable, reactive surface, prepares the body and mind to respond quickly to unpredictable terrain. Shoes: cross-training or aerobic. C

**SCULPT TUBES & BANDS** • Strengthen and tone muscles with resistance tubing and elastic bands. Shoes: any athletic. M, C

**SCULPT: ON THE BALL** • Sculpt and tone all major muscle groups using balls including Fitball®, ballast ball, small balls, and BOSU trainer. The emphasis is on stability and balance. Great take-home workout! Shoes: any athletic.

**SCULPT BOSU™** • Sculpting exercises for a total body workout emphasizing core conditioning using various equipment including the BOSU trainer. Shoes: any athletic.

**STRENGTH TRAINING** • Strengthen and tone muscles using weight machines and free weights. A different muscle group is worked each day. Shoes: athletic shoes with closed toes required in Equipment Gym.

**STRONG AND BALANCED** • Gently work the entire body with standing leg exercises for lower-body strength and balance, and chair or ball exercises and free weights for the upper body and abdominals. Shoes: any athletic.

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## FLEXIBILITY

**BACK CARE AND STRETCH** • Overall flexibility and spinal stabilization exercises for the care and prevention of back and neck problems. Shoes: not required.

**MYOFASCIAL RELEASE** • Under your guidance, the small therapy ball feels like a magical massage, reaching beyond muscle into connective tissues, allowing your body to release and relax. May not be suitable for those with acute pain, inflammatory or arthritic conditions, or difficulties with weight bearing through the arms and lying on back. Form-fitting clothes preferred. Shoes: not required.

**STRETCH AND RELAX** • Stretching and lengthening techniques to increase flexibility throughout the body. Shoes: not required.

**WARM UP AND STRETCH** • Daily, morning pre-exercise class. Stretch and warm up for 30 minutes. Shoes: not required.



## CARDIOVASCULAR

**BOOT CAMP** • High-intensity cardio and strength workout beginning with an active warm-up and exercises that use your body weight, combined with outdoor running and steps. Class concludes with a core and ab workout. Shoes: running or cross-training, C

**CARDIO BOX** • A circuit format using boxing moves and equipment. Shoes: aerobic. M, C

**CARDIO-STRENGTH INTERVAL** • Aerobic movements alternate with strength training segments using dumbbells or bands. Abdominal exercises are included as well as balance training and flexibility for a total body workout. This class is a great take-home value with a video available in the boutique. Shoes: aerobic or cross-training. M, C

**CARDIO TENNIS** • Our tennis pro, Marcelo Marino, takes you to a new level of fitness with a high-energy interval training workout. Agility movements are combined with fast-paced drills for a total body experience guaranteed to burn calories! No prior tennis skills required—you will love this workout even if you don't play tennis! Tennis racquets supplied. Shoes: Tennis or cross-training. M, C

**DAVINCI** • Aerobics incorporating full body movements, dance steps, walking, jogging and upper body movement. Multi-level low-impact classes available. Shoes: aerobic.

**OUTDOOR CROSS-TRAINING** • Use your body weight and the “tools of nature” to perform muscle conditioning exercises combined with varying degrees of cardiovascular exercise, including hiking, running, and walking moderate trails. Required Shoes: hiking shoes or running shoes with good tread. M, C

**POWER CYCLE** • An indoor cycling class that will take you on a 45-minute musical journey, exploring various cycling techniques and levels of intensity. Shoes: cross-training or court. M, C

**SPORTS CONDITIONING CIRCUIT** • A high-intensity cross-training circuit employing sports-specific activities including strength training, plyometrics, agility and balance! Shoes: cross-training or aerobic. M, C

**SUPER CIRCUIT** • Circuit format that combines weights and aerobic equipment—balanced conditioning for all fitness levels. Shoes: walking or cross-training—closed-toe shoes are required in Equipment Gym. M, C

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## DANCE & FUN

**Nia DANCE** • Integrates concepts and movements of Eastern and Western traditions in a low-impact cardiovascular class. Benefits include increased endurance, strength, and improved balance as well as self-discovery and inner awareness. Shoes: barefoot. M, C

**SPECIALTY DANCE** • Available classes may include: Jazz, Belly Dancing, Tap, Bollywood & Nia. Check Activity Board by Pool. Shoes: aerobic or barefoot.

**YUICHI** • Feel like you're in a Broadway chorus line as Yuichi Sugiyama—renowned choreographer and Golden Door legend—puts you through your paces. Just plain fun! Shoes: not required.

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## WATER CLASSES

**AQUA PROGRAM** • Water exercise classes with emphasis on cardiovascular fitness, toning, and flexibility. Your week may offer classes such as: Aqua Aerobics, Aqua Balance & Core, Aqua Bootcamp, Aqua Circuit, Aqua Dumbbells, Aqua Interval, Aqua Sculpt, Aqua Therapy, and Aqua Yoga, Cardio-Strength Interval. Classes change weekly. Check the Activity Board by Pool.

**SWIM CLINIC** • Basic swimming skills required. Lap swimming and strokes are taught and evaluated.

## INNER FOCUS

**ASTROLOGY & YOU** • Astrology is not only entertaining; it can help explain who you are, what's happening in your life, and identify opportunities for positive change. You'll receive your own, personal mini-reading.

**FACIAL FITNESS** • Your face needs exercise too! Lift, tone, and sculpt the 57 muscles in your face to create more radiant, youthful-looking features.

**FELDENKRAIS®** • Move with minimal effort and maximum efficiency through body awareness rather than muscular strength. Shoes: not required.

**HOW TO GET HAPPY** • New information from the emerging field of "Positive Psychology" says you can acquire the necessary characteristics for genuine happiness by learning to become more resilient—the first skill for joyful living.

**HYPNOSIS FOR HEALTH** • Use the power of your unconscious mind to reduce stress, improve self-esteem, discover inner strength, and promote healing.

**JOURNALING** • This class provides the inspiration to write and keep writing. Journaling gets creative juices flowing; leading to fresh insights and deeper self-understanding. Class includes time for reflection and writing, so bring a pen and journal—your own, or those provided in your room.

### LABYRINTH

**INTRODUCTION TO THE LABYRINTH** • Learn the history behind this ancient circular design and how walking meditation leads to personal insight and clarity.

**LABYRINTH** • Quiet the mind and gain access to your inner voice while walking a circular path of ancient design. Labyrinth walks can be taken solo or in groups. Shoes: not required.

**MEDITATION** • Learn the secret of mind-body renewal. Practice any time, any place, to quiet and center yourself. Shoes: not required.

**MEDITATE AND RELIEVE STRESS** • A calm attitude can promote clarity and lead to productive solutions. Neuroscience shows meditation shifts brain activity from anxiety to enthusiasm and hope, and studies indicate dramatic changes in mood in just one week of meditation. During the relaxed, yet alert state of meditation, simple techniques can help you silence the critical inner chatter and remain in a peaceful state of mind throughout your day.

**PLAY WITH CLAY** • Art-making can reveal resources for health and happiness that cannot be found any other way. This easy, creative experience is followed by a reflection on what emerged in the process. No artistic experience is required.

**QI GONG** • Moving meditation to enhance Chi energy within. A natural method of self-healing and prevention that may help with chronic illness or pre- or post-operative concerns. Shoes: not required.

**SELF DEFENSE** • An introduction to the principles of Active Awareness, Personal Safety, Vital Striking Points, and Attack Responses. Learn and practice grab-and-release techniques, improvised weapon use, and defensive combinations. Shoes: not required.

**SPIRITED WALKER®** • Transform your fitness walking into a meditative practice. Using techniques including breathing, visualization, and active affirmations, you can put care of the soul on an equal footing with care of the body. Shoes: walking, running. L, M

**T'AI CHI** • A gentle dance-like exercise developed in China 1,000 years ago to calm and inspire. Shoes: not required.

**TAIKEN MEMORY PAGE** • Taiken means "Great Circle". Bring your Golden Door week full circle using beautiful papers and images of the Door to capture your visit as a scrapbook page.

**ZEN ARCHERY** • Develop focus and concentration in this introduction to the "standing meditation" of archery. Shoes: any athletic.

## YOGA

**GENTLE KUNDALINI YOGA** • A yoga discipline so easy and effective in relieving stresses of daily life, it is called “Household Yoga”. After practicing some simple breathing techniques and gentle stretches, most of the session consists of relaxing floor work to balance and align the body. Shoes: not required. L

**GENTLE YOGA** • A meditative class that eases you into your body with postures that assist in balancing and nourishing your energy. Shoes: not required. L, M

**THERAPEUTIC YOGA** • Specifically designed to enhance the body’s capacity to heal from injury, illness, or imbalances, Therapeutic Yoga combines breath work and guided meditation with restorative and gentle yoga poses using props such as bolsters and blankets for support.

**YOGA BALL** • Classic yoga postures using the Swiss Ball for core challenge, support, and to add variety to your practice. Gentle and Challenging classes available. Shoes: not required.

**YOGA FLOW** • A fluid linking of strengthening and lengthening postures including beginning to intermediate Sun Salutations. Each day has a different postural focus. (60 minutes) Shoes: not required. M, C

**YOGA RELEASE** • Let go of tension and resistance in the body while being supported by a wall, blankets or bolsters in postures designed to improve circulation, restore energy and deeply stretch muscles. Shoes: not required.

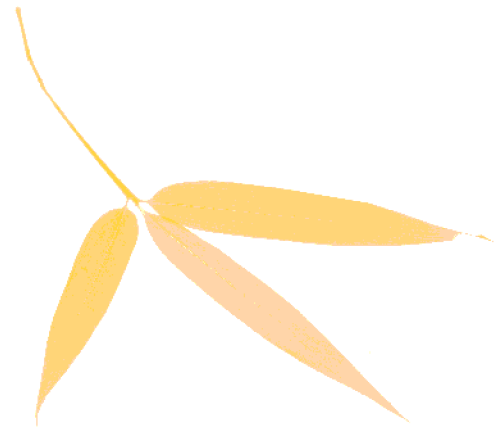
## EDUCATION

**HEALTHY HABITS** • Learn to recognize and take control of unhealthy habits such as smoking and drinking or eating too much. Begin to change life-diminishing habits with a step-by-step process toward new, life-enhancing behaviors.

**NUTRITION NEWS** • Current nutrition trends and topics are discussed to separate truth from the trivial. Review portion control and food strategies to build the best nutrition into your busy life and achieve both your short- and long-term health goals.

**SMOKE-FREE** • A smoking cessation program designed to help you understand nicotine dependence and regain control of your life. Includes a self-help workbook, daily nicotine-replacement snacks, and a complimentary private session with our Behavioral Therapist.

**TOOLBOX FOR SUCCESS: OPTIMIZING WEIGHT MANAGEMENT THROUGH EXERCISE** • Open your toolbox and begin using what current research offers as the most successful strategies for maximizing your workouts. Learn to train smart, not hard, for optimal results.



**CANCELLATION POLICY**  
 If you must cancel your Private Session, please do so by 9:00 p.m. the night prior to your session to avoid a charge. Appointments cancelled after 9:00 p.m. will be charged to your account unless the appointment time can be filled.

# PRIVATE SESSIONS

**ACUPUNCTURE with Jason Bazilian, L.A.c., MTOM**  
 Address current acute or chronic health concerns and/or receive a preventive “tune-up” to boost your overall health picture. Whether or not you’ve tried acupuncture before, Jason’s expertise, patient care, and gentle techniques with Traditional Chinese Medicine and acupuncture will establish a standard of excellence to evaluate future practitioners and treatments. Provides a safe environment in which to have your questions answered about integrating complementary medicine with traditional care for maximal health and wellness in your life.  
 60 minutes.....\$165

**ASTROLOGY**  
 with Alexandra (Alex) Bunshaft  
 Astrology is a tool for self-knowledge. Your astrological chart is a map of our solar system at the time of your birth and a “blueprint” of your potential, your character, and your unique worldview. Because our destiny is not fixed, we have choices, and the power to change our lives for the better. You’ll have an opportunity to discuss what your chart says about you, your past, present, and future, and identify opportunities for positive change. Plus, you’ll have a tape to take home for review and reflection. Alex’s engaging style and 30 years of experience ensure a validating and insightful session.  
 50 minutes.....\$150

**ADVANCED LIFESTYLE COACHING**  
 with Annharriet Buck  
 Annharriet offers her listening skills and problem solving techniques to guide you to powerful insights, clarity, and a plan for moving forward in your relationships, career, and life transitions. Her spiritual wisdom helps you work through life challenges. If your goal is greater happiness, her expertise in the field of Positive Psychology teaches optimistic thinking and living skills to increase your capacity for joy.  
 50 minutes.....\$175

**AROMATHERAPY CUSTOM BLEND**  
 Create your own natural perfume and facial mist using pure essential oils with a registered Aromatherapist.  
 45 minutes.....\$120

**BEHAVIORAL COUNSELING**  
 with Cindi Peterson, M.A.  
 In-depth counseling session designed to explore solutions to any behavior preventing a balanced lifestyle. Topics may include issues with food, alcohol, drugs, smoking, relationships, loss and other stress-related challenges. Techniques used include behavior modification, cognitive behavioral therapy, and Neuro Linguistic Programming.  
 50 minutes.....\$175

**CREATIVE PROBLEM SOLVING THROUGH EXPRESSIVE ARTS** with Francine Hoffman, B.S., M.A.  
 Art making helps to draw issues out of your mind and into your art where they can be witnessed and reflected upon. Because it taps into the intelligence of your right brain, making art with a focus on problem solving can reveal inner resources for health and happiness that cannot be found in any other way. Guided by a trained Expressive Arts practitioner, you’ll explore simple creative processes that anyone can learn, followed by time to reflect on the insights you’ve gained. Playful and profound. No art experience required. Imagery and their symbolic meaning to your life.  
 50 minutes.....\$120

**DREAM INTERPRETATION** with Tricia Kelly  
 Drawing from more than 25 years of experience, Tricia Kelly teaches an inspirational blend of Western and Eastern wisdom as she guides you through an interpretation of your dreams and life experiences. Sessions will help you explore your dreams as imagery and their symbolic meaning to your life.  
 50 minutes.....\$150

ENERGY BALANCING & EMOTIONAL FREEDOM THERAPY  
with Pethrena Shirley

Experience the essence of vibrant health and happiness. This powerful therapy makes it possible to release stress at the deeper levels of your being; enabling you to sharpen memory, relieve pain and strengthen your immune system by increasing the flow and balance of life energies.

90 minutes.....\$175

FELDENKRAIS – FUNCTIONAL INTEGRATION  
with Tracey Ives, AT,C., GCFP, Certified Athletic  
Trainer, Guild Certified Feldenkrais Practioner

Gentle movements release habitual tension and holding patterns in your body, resulting in the ability to overcome restrictions caused by stress, misuse, injury or illness. Improve posture, balance, flexibility, and strength to move with greater ease and efficiency.

75 minutes.....\$165

FENCING  
with Dimitry Guy, U.S. Open Champion

Cover the various degrees of fencing skills from basic to advanced using sabre swords.

60 minutes.....\$110

GRAVITY TRAINING

The unique equipment used in the Gravity Training System (GTS) employs biomechanical principals to enhance workouts using your body weight, pulleys, and adjustable inclines. The GTS accommodates functional, synergistic movement patterns as well as isolated joint articulation. Performed by Certified Gravity Trainers, sessions are recommended for Moderate or Challenging fitness level guests.

45 minutes.....\$120

HEARTMATH® STRESS RELIEF

with Cindi Peterson M.A., Licensed HeartMath®  
Provider

The power of your heart can be used to transform everyday stress into positive energy to reenergize and revitalize you. This enjoyable self-discovery session includes a state-of-the-art computer display that provides a window into your physiological state. You'll see, in real time, how an intentional shift to a positive emotion can affect your heart rhythms. Then learn the simple, easy-to-use, scientifically validated Quick Coherence method of creating a tranquil, yet alert state of mind and making it a part of your daily life. You will also be introduced to the emWave® Personal Stress Reliever – a hand-held device that can be used anywhere, any time to transform stress into positive energy, putting you back in control.

2 hours.....\$350

*Purchase of the em-Wave® Personal Stress Reliever computer program and hand held device is entirely optional and not required to use the stress relief tools taught in this session.*

*HeartMath is a registered trademark of Institute of HeartMath. emWave and Personal Stress Reliever are registered trademarks of Quantum Intech, Inc.*

HYPNOSIS

with Cindi Peterson

Self-hypnotic suggestion focuses on a desired goal or behavior with laser-like precision and intensity. The level of self-hypnosis remains within your control at all times. Suggestions facilitate a release of negative emotions and thought patterns, can clear phobias, anxiety, and other stress-related issues. A personal CD may be recorded for at-home reinforcement of the suggestions given in the session.

2 hours.....\$350

NUTRITION COUNSELING

with Wendy Bazilian, Dr PH, M.A., R.D.

Address personal health and nutrition concerns and create strategies to achieve your goals. Evaluate your current practices and develop ways to enhance your nutritional approach to long-term health. Whether for weight loss, cholesterol reduction, diabetes and other medical conditions, sports nutrition, or just to improve your overall eating, receive realistic, manageable ideas specific to your life.

50 minutes.....\$160