



CARNEROS
RESORT AND SPA

PERSONAL TRAINING & PRIVATE CLASSES



If you are looking for a personalized experience, our team of certified trainers offer personalized training as well as a range of private classes.

PRIVATE TRAINING

Using an innovative approach to training, each session combines traditional weight lifting techniques with prehab exercises to reduce injury, increase muscle tone and burn fat.

COST PER SESSION

60 minutes

\$150 for 1-2 people

\$250 for 3-5 people

\$500 for 6-20 people

FITNESS CLASSES

- Bootcamp,
- Circuit,
- Fitness Fusion

MIND BODY WELLNESS

- Yoga
- Pilates
- Meditation

VINEYARD RUN/WALK

One of our fitness instructors will guide you on a beautiful run or walk through nearby vineyards.

FITNESS ASSESSMENT

60 minutes

Health fitness assessment and training session

\$150 per person

ADD CUSTOM 30-DAY WORKOUT PLAN

90 minutes

\$200 per person

\$150 for follow-up session with new workouts

For more information on these offers or to schedule a session please contact The Spa.

Groups over 20 please inquire.

POWERED BY  Donovan's Wellness Solutions