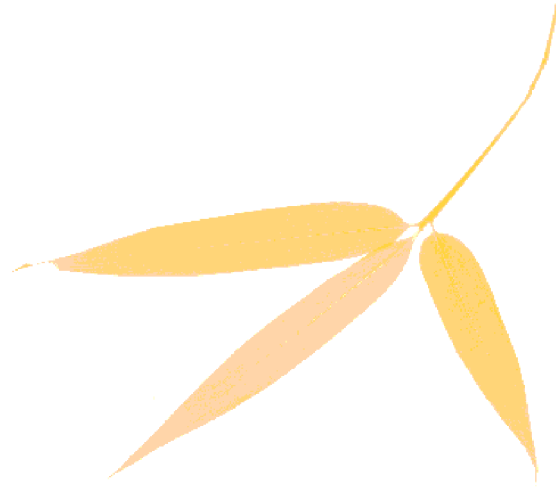


FITNESS

Classes & Activities



We help you select 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:

A = Active Aging

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.) A

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. Coming down the mountain, you arrive in a shaded glen where you are invited to walk the labyrinth. Gather together again in the dining room and silently savor a fresh breakfast. When the silence is lifted, you may share, if you wish, your personal experiences of this meditation retreat. (2 mi.)

BAMBOO MEDITATION WALK: A, L

Meet your guide poolside at the Tori Gate, a symbolic entryway into sacred ground. Walk the meadow and sacred bamboo grove in contemplative observant silence, allowing your inner self and the natural world to become a reflection of each other. A sharing round of special moments completes the experience.

MODERATE: A, 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

BALLET TONE • Classic ballet combined with modern fitness concepts enhance body awareness, strengthen core muscles, and improve overall flexibility and conditioning. Emphasis is on form, quality, and grace of movement. Shoes: not required. A

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

STRENGTH, BALANCE & POSTURE (CONT'D)

PILATES MAT • Body conditioning through breathing, flexibility, strength, and alignment. Slow, mindful movements using the Half Barrel, Magic Ball and Circle, and Foam Roller 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. A

SCULPT SERIES

SCULPT ADVANCED STRENGTH & BALANCE • Exercises that utilize all planes of motion, including one-legged balance, forward bends, and rotation. Enhance balance and strength for optimum performance in daily activities and sports. Shoes: any athletic shoe. C

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

SCULPT COMBO • Sculpt and tone muscles using a combination of equipment and multiple muscle groups. Shoes: any athletic. M, C

SCULPT: ELASTIC RESISTANCE • Strengthen and tone muscles with resistance tubing and elastic bands. Shoes: any athletic. M, C

SCULPT: ON THE BALL • Use large Swiss balls to strengthen all muscle groups, with emphasis on core stability, balance and posture. Shoes: any athletic. M, C

SCULPT BOSU™ • Circuit-style class for a total body workout emphasizing core conditioning using various equipment including the BOSU trainer. Shoes: any athletic. M, C

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.*

FLEXIBILITY

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

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

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

CARDIOVASCULAR

BOOT CAMP • This hot trend in calorie-burning, high-intensity, total-body workouts takes fitness to the next level. After an active warm-up, move outdoors for running, sprinting and plyometric training, and end with a core and abs workout. Shoes: running or cross-training with good tread. C

CARDIO BOX • An active circuit format using boxing moves and equipment. Guests with shoulder concerns should consult with their Fitness Guide. Shoes: aerobic. M, C

CARDIOMAX • Reach a new cardio-vascular level! This workout with 3 bouts of 3 intervals using 3 different modes of training performed at 3 different intensities is designed to maximize fat-burning, accelerate metabolism, and increase aerobic capacity. Shoes: Running or cross-training. C

CARDIO-TONE • 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

CIRCUIT BREAKER • If you love circuit training, “break” up your week with a different format. Between cardio stations, perform multi-muscle, multi-joint exercises with various modes such as free weights. Finish with core exercises to tone and strengthen your abs. Shoes: walking or cross-training—closed-toe shoes are required in Equipment Gym. M, C

CARDIOVASCULAR (CONT'D)

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. Shoes: hiking or running shoes with good tread *required*. 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

RUNNING CLINIC • Whether you are a recreational runner, training for an event, or just getting into the sport—this clinic provides fundamental tools for an efficient and enjoyable running experience. Have your running form assessed and learn new techniques to transform your approach so you can run lighter and prevent injuries.

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

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 joyfull self-expression. Shoes: barefoot. M,

SPECIALTY DANCE • Classes may include: Burlesque, Zumba, Tap, and Dance of India. Check Activity Board by Pool. Shoes: aerobic or barefoot. A

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. A

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. Classes change weekly. Check the Activity Board by Pool. A (2:00 p.m. class)

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

INNER FOCUS

ARCHERY • Develop focus and concentration in an introduction to the “standing meditation” of archery. Shoes: any athletic.

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.

BIOFEEDBACK FROM THE HEART • Achieve a deeper understanding of the relationship between emotions, stress, performance, and health. With the HeartMath® Stress Relief Program see, on a real time computer display, how intentional shifts in emotion can affect heart rhythms; then learn a simple technique to help reverse damage caused by stress.

BE HAPPY AND THRIVE • 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.

INNER FOCUS (CONT'D)

CHAKRAS 101 • This session covers the concept, theory, and science of Chakras. Learn what area of the body each Chakra affects and what results if it is out of balance.

DECORATED JOURNAL • “Activate” your Golden Door journal with quotes, writing prompts, stamping, collage and color. The next time you open your journal, your own creative gestures and suggestions for reflection await you.

DEVELOP YOUR INTUITION • Learn to recognize, strengthen, and trust that still, small voice within by practicing simple mental exercises. Reduce stress and experience greater ease by using your intuition more often.

DREAM SHARING • The art and ease of translating dreams from fascinating gibberish to a clear picture of where you are in your internal development—your pattern and your path—indicating your next steps.

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

JOURNALING • Keeping a journal helps you learn from your past, live freely in the present, and move mindfully into the future. We'll cover basic journaling skills and offer ideas to start your creative juices flowing. Includes time for reflection and writing, so bring the pen and journal provided in your room.

LABYRINTH • Learn the history of this ancient design and how this walking meditation quiets the mind and allows access to your inner voice—the source of personal insight and clarity. 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. Meditation shifts brain activity from anxiety to enthusiasm and hope, and studies indicate dramatic changes in mood in just one week. In the relaxed, yet alert state of meditation, simple techniques help you silence the critical inner chatter and remain in a peaceful state of mind throughout your day.

QI GONG • A 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 principals 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.

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

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. A, L, M

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

TAIKEN 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. Bring your fans, menus, haiku, or other tokens of your week to personalize your page.

YOGA

ACTIVE YOGA • An intermediate presentation of Hatha Yoga poses for centering, strengthening, and lengthening; including an introduction to the Sun Salutations. Sessions are progressive with a different thematic focus daily to provide a well-rounded asana experience. *Not recommended for those with acute injuries.* M, C

AQUA YOGA • Yoga in the pool makes yoga postures accessible to all, including novice or less-than-limber students. Warm water facilitates muscle release and decreases the effort of weight bearing. All levels will enjoy this deeply relaxing session of flowing yoga sequences, classic standing poses, and deeper stretches using the bar.

YOGA (CONT'D)

GENTLE KUNDALINI YOGA • Kundalini is the classic name for the spiritual energy or life force said to be located at the base of the spine. Nourishing whole-body movements focus on breath work and visualizations—all designed to raise kundalini energy upwards through the Chakras (energy centers along the spine) for a feeling of blissful peace, renewed energy, and mental focus. Shoes: not required. A, L

GENTLE YOGA • Ease into your body in this meditative class with postures that assist in nourishing and balancing your energy. Experience a sense of both lightness and of grounding in each pose. Emerge feeling integrated in mind, body and spirit. Shoes: not required. A, L, M

FLOW YOGA • Yoga is said to have been inspired by the dance of mystics. Experience the flowing dance-like quality of yoga through a series of linked poses that harmonize balance, strength, flexibility, concentration, and breath. *A regular practice of yoga is required. No inhibiting injuries.* Shoes: not required. M, C

INSIGHT YOGA • Asana, art, and meditation integrate to inspire your inner vision and wisdom. Open your body with yoga, focus your mind with meditation, then select from a collection of images to bring forth your insights. Add these images & insights to your Golden Door journal. Shoes: not required. A

RESTORATIVE YOGA • Relax deeply in seated and reclining poses that are gently supported and held quietly for several minutes. This passive release improves circulation and energy, relieves soreness and tight muscles and improves breath flow to allow the mind to settle easily into a meditative experience. Shoes: not required. A

YOGA BALL • Classic postures using the Swiss Ball for core strengthening and stability, making intermediate poses more accessible while adding fun and variety. Gentle and Intermediate classes available. Shoes: not required.

ACTIVE AGING

Designed for guests 55 years of age and older, this program helps improve strength, mobility and balance. These classes can help prevent bone loss, overall degeneration and injuries—especially from trips & falls—improve overall function, and enhance skills that make performing daily activities easier.

BALANCE & FALL PREVENTION • Walking drills, as well as strengthening and postural exercises, designed to improve your balance and reduce the chance of falls. Taught in an indoor gym.
BEGINNER'S STRONG & BALANCED • An end-of-week class combining our Balance & Fall Prevention, Osteo-Ex and Chair Workout classes.

CHAIR WORKOUT • Sitting and standing exercises using a chair, light weights or elastic bands for overall flexibility, light cardio, and toning.

OSTEO-EX • Exercises combining strength and balance using dumbbells and/or elastic bands, steps and chairs. The last 10-15 minutes consists of core exercises performed lying on the floor. *(Based on research from the B.E.S.T. Study, a leading osteoporosis study from the National Institute of Health)*

STRONG & 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.

Other Active-Aging-recommended classes are indicated with an 'A' after the description.

EDUCATION

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 that helps you understand nicotine dependence and regain control of your life. Includes a self-help workbook, daily nicotine-replacement snacks, and a private session with our Behavioral Therapist.

VEGETABLE GARDEN TOUR • Visit our 4-acre organic garden and learn the vital role it plays in our award-winning cuisine. The colorful, seasonal vegetables you see picked today may be on your plate tonight!