



LAKE AUSTIN  
SPA RESORT

# PERSONAL INSTRUCTION SERVICES





Nourish your mind, body and spirit by exploring one or more of the following personal instruction options. Whether you seek a new fitness experience, want to tap into your inner power or explore activities designed to address specific health challenges, we have an array of intriguing, insightful and instructive sessions from which to choose.

If your package includes a spa and fitness allowance, it may be used toward most of these services.

To schedule a personal instruction session prior to your visit, please call our Activities Concierge at 800-847-5637. While at Lake Austin Spa Resort, please come by the Activities Desk or dial 7274 from any resort telephone.

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## FITNESS ASSESSMENTS

### Five-Star Experience

The journey to wellness at Lake Austin Spa Resort begins with the Five-Star Experience. Your journey will include a consultation with a certified fitness professional to help you plan your activities during your stay, a fitness assessment to establish your current health status and gather information needed to individualize your workout, and two 50-minute personal training sessions specifically designed to meet your fitness goals. Personalized written instructions will also be provided in a follow-up session so you can continue your workout at home.

\$500

### **Body Composition Analysis**

Be informed by learning your fat versus muscle percentage and determine your healthy goal weight range. In addition to the skinfold caliper measurement, we will do waist and hip girth measurements, and calculate your height-to-weight ratio (body mass index).

25 minutes \$70

### **Fitness Assessment**

Your fitness assessment includes a body composition analysis, and measures of aerobic capacity, muscular strength, muscular endurance and flexibility. One of our certified fitness professionals will explain the results of the assessment and discuss modifications to your exercise routine to optimize your fitness level. This consultation consists of one 50-minute assessment session and one 25-minute follow-up session.

50 minutes + 25 minutes \$150

### **Resting Metabolic Rate Test**

How many calories do you burn every day? Think you have a slow metabolism? Find out! With this test, we can tell you with 99% accuracy how many calories your body burns at rest and then, based upon your typical activity level, we'll also determine the total number of calories you burn per day. This session also includes healthy eating guidelines and body composition analysis, along with exercise recommendations for weight management.

50 minutes \$150

### **Mobility & Stability Assessment**

In this session, you will perform five screening tests to evaluate your joint mobility and stability. Based on your ability to perform the movements, corrective exercises will be demonstrated to help you overcome muscular imbalances and improve overall mobility and stability.

50 minutes \$120

## WORKOUT OPTIONS

### Personal Training Workout

A certified fitness professional will direct you through a strength training and/or cardiovascular workout. We provide the knowledge, direction and motivation; you provide the participation and perspiration.

50 minutes \$95      25 minutes \$55

### Focus on Flexibility

Improve your posture; increase your range of motion, and experience the fluidity of movement that comes from adding stretching exercises to your daily fitness program.

50 minutes \$95      25 minutes \$55

### Stability Ball Training

The stability ball is a fun fitness aid that builds total body and core strength, flexibility, and balance. You will learn how to incorporate the ball into your fitness routine, and how to choose the appropriate size ball for your height.

50 minutes \$95      25 minutes \$55

### Balance Training

Balance is a key component of overall health and fitness. Improve performance of everyday activities by practicing movements to challenge your balance and strengthen the lower body foundation.

50 minutes \$95      25 minutes \$55

### Pilates Matwork

Pilates is a unique system of exercises developed by Joseph Pilates to strengthen and tone muscles, improve posture, provide flexibility and balance, and create a more streamlined physique.

50 minutes \$120      25 minutes \$70

### Building Stronger Bones

Learn the risk factors associated with Osteoporosis and Osteopenia and discover how to prevent continued loss of bone mass. Then practice safe and effective movements and exercises shown to increase and maintain bone density levels. This session also teaches which movements to avoid for those with advanced bone loss and which movements are good alternate exercises.

50 minutes \$120      25 minutes \$70

## Perfect Posture to Align and Strengthen

In this session your seated and standing posture alignment will be assessed to determine any current postural concerns. With balanced strength and stretching exercises, you'll learn and practice proper body alignment. This session might include use of the stability ball, foam roller or resistance bands to adjust imbalances and develop strong and supportive muscles.

50 minutes \$120      25 minutes \$70

## Foam Roller

Discover the wide uses and benefits of the foam roller, a long dense piece of foam that can be used for everything from spinal alignment to self massage and core training. In this session, you will learn safe techniques and proper form to achieve your goal for any fitness level.

50 minutes \$120      25 minutes \$70

## Core Conditioning Basics

Learn the benefits of maintaining a strong core to reduce lower back pain, improve posture, and strengthen the abdominal muscles. This session might include exercises using the stability ball, foam roller, or resistance equipment and/or the addition of yoga and Pilates movements.

50 minutes \$95      25 minutes \$55

## Pilates Reformer

Discover how you can incorporate and combine strength, flexibility and core work using the Pilates reformer. The reformer is a spring-resisted apparatus that provides a balanced full body workout to increase flexibility, improve core stability, and maintain postural alignment. This session is appropriate for all fitness levels and a great alternative or addition to traditional strength training.

50 minutes \$130      25 minutes \$90

## At-Home Workout

Meet with one of our certified fitness professionals to develop a personalized program that you can follow at your home or at the gym. You will practice the exercises to ensure correct form and alignment. The instructor will send you home with written materials describing the exercises, complete with illustrations.

50 minutes \$130      25 minutes \$90

## Travel Workout

It is possible to stay fit while traveling. One of our certified fitness professionals will design a fitness program for you to use while on the go. We will create a workout that utilizes resistance bands, your own body weight, cardio movements and stretching exercises. You will be prepared for your next trip with personalized materials to keep you active while traveling.

50 minutes \$130      25 minutes \$90

## MIND/BODY

### Fine Tune Your Yoga Practice

Are you practicing yoga, yet uncertain if your technique is correct? Meet one-on-one with one of our certified yoga instructors to refine your form and alignment or to develop more advanced skills.

50 minutes \$130      25 minutes \$90

### Private Yoga Training

Whether you are new to yoga or a more experienced practitioner, you can benefit from one-on-one yoga training. Meet with one of our certified yoga instructors to learn new techniques and/or refine your existing skills.

50 minutes \$130      25 minutes \$90

### Yoga At-Home Program

Incorporate yoga into your weekly routine with a personalized take-home program. You will have a private session with one of our certified yoga instructors to develop a program based on your preferences. The instructor will also provide written materials describing the exercises, including illustrations.

50 minutes \$130

### Yoga to Awaken, Align and Heal the Spine

Learn yoga techniques to strengthen, stretch and relax the muscles that form, shape and support the back.

50 minutes \$130

### Breath and Meditation

Learn simple techniques to calm the mind, boost energy levels, and increase breath capacity.

50 minutes \$120      25 minutes \$70

## INSIGHTS

### Nutrition Consultation

Our licensed dietician will address your nutrition related issues and help you understand your relationship with food. You'll also learn how to integrate healthy food choices into your lifestyle.

50 minutes \$150      25 minutes \$95

### Stress Less

In this session you will learn a variety of stress management tools ranging from meditation and guided imagery to breath work and heart focusing. Practice using these techniques to improve your stress response. These tools can be used anytime or anywhere to decrease the damaging effects of high stress.

50 minutes \$120

### Tarot Reading

The Tarot is a set of 78 cards that originated in 15th century Italy with images that depict universal archetypes. Tarot readings are an interesting tool for self-exploration and a helpful way to bring clarity and focus to difficult decisions or life changes. Spa fitness allowance may not be used toward this session.

50 minutes \$95      25 minutes \$55

## INDOOR WATER ACTIVITIES

### Water Workout

Stay cool in the pool while being kind to your joints. Workout options include cardiovascular conditioning, strength and stretch movements or a combination.

50 minutes \$95      25 minutes \$55

### Swimming

Beginners can learn to swim, accomplished swimmers can improve their strokes or technique and everyone can acquire a new level of confidence in the water with a private session taught by one of our swimming instructors.

50 minutes \$120

## OUTDOOR ACTIVITIES AND SPECIAL OPPORTUNITIES

### **SUP: Stand-Up Paddle Boarding**

A fun new way to get in shape and get in touch with nature – stand-up paddle boards! Our stand-up paddle boards look like surfboards. But you provide the power with a paddle. You can stand or kneel on the board and push yourself for a powerful workout or just glide lei-surely along. Enjoy a full-body workout with stability, core, and balance training while you take in the delights of lovely Lake Austin.

50 minutes \$130

### **Private Hike**

Experience the unique trails in the Texas Hill Country as you hike at your own pace with a personal hiking guide.

2 hours \$295\*

### **Trail Walking or Running**

Burn calories, train the core muscles that assist in balance and strengthen your torso stabilizers while enjoying the scenic terrain in the surrounding area. You can select from a variety of scenic routes ranging from two to eight miles and you can decide whether to walk, jog or run the route.

2 hours \$295\*

### **Boat and Hike**

Come aboard our pontoon boat and your captain will transport you to a nearby cove where you will go ashore for a scenic two-mile walk or fast hike in a beautiful local park.

2 hours \$295\*

### **Private Boat Cruise**

Let our captain do the driving as you kick back, relax with friends and enjoy the scenic sights of lovely Lake Austin. View the shores from a different perspective, admire the homes, and appreciate the protected preserve. You might even see the wild turkeys or a family of swans!

50 minutes \$195\*\*

\* Starting price for 1-6 people. Options available for groups of 7 or more, or for additional hours.

\*\* Price is per hour. Longer cruises available.

### Sculling Lessons

Experience one of our most unique activities as you learn the basics of this Olympic sport on the tranquil waters of Lake Austin. Sculling teaches you to balance and blend your mind, body, shell, oars and the elements of water and weather. Some rowers call it “Zen”; others describe it as getting into a “zone.” Most agree that rowing liberates the spirit resulting in a more focused life. In short, sculling rewards you with an improved mental attitude and well-being.

50 minutes \$130

### Individual Private Kayak Instruction

Preparing for a river kayaking trip? Let our experienced coach teach you basic paddling skills to improve your efficiency and enhance your experience. You’ll learn basic strokes, and master maneuvering and turning techniques in no time. Our kayaks are beginner-friendly and you will leave empowered to schedule that kayaking vacation!

50 minutes \$120

### Private Hydro-bike Outing

It’s true – you can bike on water! Experience the magic of Lake Austin on one of the most unique and fun water crafts. During the outing, your experienced guide can fill you in on the local neighborhood and nearby nature preserve. No experience required!

50 minutes \$120

### Group Private Kayak Outing

Enjoy scenic Lake Austin on a kayak with your group while accompanied by an experienced guide. Our sit-on-top kayaks are great for novices and require no experience. Paddle along for a great workout while your guide fills you in on the beautiful surroundings.

50 minutes \$195\*

### Water Skiing/Wake Boarding

Learn how to “ride the wake” on Lake Austin. Enjoy expert instruction and take full advantage of some of the best water conditions in Central Texas. Lessons can be booked by the hour, half day or full day.

50 minutes \$195\*

\* Price is per hour. Longer sessions available.





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