



LAKE AUSTIN  
SPA RESORT

PERSONAL  
INSTRUCTION



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.

## FITNESS ASSESSMENTS

### Body Composition Analysis

Learn your percentage of body fat and what a healthy weight goal should be for you. 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 \$75

## 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.

\$535

## Fitness Assessment

Your fitness assessment includes a body composition analysis and measurements 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 \$160



## Resting Metabolic Rate

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 calculate 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 \$160

## 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 \$140



## 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 \$105 / 25 minutes \$60

### 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 \$105 / 25 minutes \$60

### Stability Ball Training

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

50 minutes \$105 / 25 minutes \$60

### 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 your lower body.

50 minutes \$105 / 25 minutes \$60

### 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 \$125 / 25 minutes \$75

### 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 \$125 / 25 minutes \$75

### 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 while providing appropriate alternative exercises.

50 minutes \$140 / 25 minutes \$95

### 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 for any fitness level.

50 minutes \$125 / 25 minutes \$75

### Core Conditioning Basics

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

50 minutes \$105 / 25 minutes \$60



### Pilates Reformer

Discover how to 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 \$140 / 25 minutes \$95

### At-Home Workout

Meet with one of our certified fitness professionals to develop a personalized program utilizing equipment and facilities available to you at home or at the gym. You will practice the exercises to ensure correct form and alignment. The instructor will also provide written materials describing the exercises, complete with illustrations.

50 minutes \$140

### 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 \$140

## 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 \$140 / 25 minutes \$95

### 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 \$140 / 25 minutes \$95

### 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 \$140

### 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 \$140



### Breath and Meditation

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

50 minutes \$125 / 25 minutes \$75

### Yoga for Allergies and Asthma – A Natural Remedy

Do you suffer from nasal congestion because of seasonal allergies or asthma? Schedule a Yoga for Allergies and Asthma session with a certified fitness professional for guidance on managing and minimizing these symptoms. You will learn yoga breathing techniques and specific movements to strengthen the respiratory system. You will also receive a Neti pot for nasal cleansing, 10 pre-measured salt packets, and instructions for use.

50 minutes \$140

## 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 \$160 / 25 minutes \$105

### 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 \$140

### 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.

*Note: Your spa and fitness allowance cannot be used toward this session.*

50 minutes \$105 / 25 minutes \$60



## 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 \$105 / 25 minutes \$60

### 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 certified fitness professionals.

50 minutes \$125

## 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 leisurely along. Enjoy a full-body workout with stability, core, and balance training while you take in the delights of lovely Lake Austin.

50 minutes \$140



## OUTDOOR ACTIVITIES AND SPECIAL OPPORTUNITIES

### Private Boat Cruise

Let our captain do the driving as you kick back, relax 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 \$215

### 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 \$315\*

### 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 \$315\*

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

### Private Kayak Instruction

Interested in kayaking? 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 enjoy the water.

50 minutes \$125

### Group Kayak Outing

Enjoy scenic Lake Austin on a kayak with your group while accompanied by an experienced guide. Our 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 \$215\*

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



### 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 watercrafts. During the outing, your experienced guide can fill you in on the local neighborhood and nearby nature preserve. No experience required!

50 minutes \$125

### 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 and oars with 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 \$140

### 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 \$215

### Tennis/Golf

Please consult the Activities Concierge for tee or court times and information about course and court location. Transportation and equipment rental are available for an additional fee.

Call for pricing.

### Private Instruction

Group Cycle before breakfast? Yoga for Sleep at twilight? Select any class from our weekly activity schedule and we'll arrange private instruction at your convenience.

50 minutes \$215

## SCHEDULING APPOINTMENTS

Please call our Activities Concierge at 800-847-5637 to schedule personal fitness options or for more information. To ensure appointment availability, we recommend booking two weeks prior to your visit.

## GENERAL INFORMATION

All overnight packages with a Spa and Fitness Allowance include a 20% service charge. A 20% service charge will be added to all à la carte personal services. Service charge covers many aspects of your visit, including gratuities for personal services. We require a minimum of 12 hours notice for cancellation of personal instruction. If your session is cancelled with less than 12 hours notice, 100% of the instruction will be charged to your account.

Prices and services are subject to change and all personal instruction is based on availability.

Share the experience! Many activities, classes and programs can be arranged for groups of 2 – 12. Contact our Activities Concierge or your Group Sales Manager for details.



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[lakeaustin.com](http://lakeaustin.com)

800-847-5637 / 512-372-7300

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