



GOLDEN DOOR

Spa at Las Casitas Village

Conde Nast Traveler magazine has ranked all of our cutting-edge Golden Door Fusion Fitness programs as #1 in the world!

Lawrence Biscontini's Group Fitness & Wellness Menu

SATURDAY

| | |
|---------------|---|
| 7:00-7:45AM | Mind-Body Powerwalk (Meet in Spa lobby) |
| 8:00-8:45AM | Mind Body Bento: Yoga/Pilates |
| 9:00-9:45AM | Yo-Cycle |
| 10:00-10:45AM | Toys ⁴ : Board, Balls, Balance & BOSU! |
| 11:15AM | Fluid Fusion! |
| 12:15-1:00PM | Yo-Chi® |
| 4:00-4:45PM | Golden Gliding™ |
| 5:00-5:45PM | Latin Belly! |

SUNDAY

| | |
|---------------|---|
| 7:00-7:45AM | Mind-Body Powerwalk (Meet in Spa lobby) |
| 8:00-8:45AM | Yo-Chi® & the Labyrinth |
| 9:00-9:45AM | Creative Cardio |
| 10:00-10:45AM | Toys ⁴ : Board, Balls, Balance & BOSU! |
| 11:15AM | Fluid Fusion! |
| 12:15-1:00PM | Yo-Cycle |
| 4:00-4:45PM | Will & Grace (strength) |
| 5:00-5:45PM | Yo-Opera® & the Labyrinth |

MONDAY

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|---------------|---|
| 7:00-7:45AM | Mind-Body Powerwalk (Meet in Spa lobby) |
| 8:00-8:45AM | Mind Body Bento: Yoga/Pilates |
| 9:00-9:45AM | Creative Cardio |
| 10:00-10:45AM | Toys ⁴ : Board, Balls, Balance & BOSU! |
| 11:15AM | Fluid Fusion! |
| 12:15-1:00PM | Yo-Chi® |
| 4:00-4:45PM | Golden Gliding™ |
| 5:00-5:45PM | Yo-Cycle |

TUESDAY

| | |
|---------------|---|
| 7:00-7:45AM | Mind-Body Powerwalk (Meet in Spa lobby) |
| 8:00-8:45AM | Yo-Chi® & the Labyrinth |
| 9:00-9:45AM | Yo-Cycle |
| 10:00-10:45AM | Toys ⁴ : Board, Balls, Balance & BOSU! |
| 11:15AM | Fluid Fusion! |
| 12:15-1:00PM | Our Daily Breath |
| 4:00-4:45PM | Will & Grace (strength) |
| 5:00-5:45PM | Creative Cardio |

WEDNESDAY

| | |
|---------------|---|
| 7:00-7:45AM | Mind-Body Powerwalk (Meet in Spa lobby) |
| 8:00-8:45AM | Mind Body Bento: Yoga/Pilates |
| 9:00-9:45AM | Yo-Cycle |
| 10:00-10:45AM | Toys ⁴ : Board, Balls, Balance & BOSU! |
| 11:15AM | Fluid Fusion! |
| 12:15-1:00PM | Yo-Chi® |
| 4:00-4:45PM | Golden Gliding™ |
| 5:00-5:45PM | Animal Kingdom & the Labyrinth |

THURSDAY

| | |
|---------------|---|
| 7:00-7:45AM | Mind-Body Powerwalk (Meet in Spa lobby) |
| 8:00-8:45AM | Yo-Chi® & the Labyrinth |
| 9:00-9:45AM | Yo-Cycle |
| 10:00-10:45AM | Toys ⁴ : Board, Balls, Balance & BOSU! |
| 11:15AM | Fluid Fusion! |
| 12:15-1:00PM | Mind Body Bento: Yoga/Pilates |
| 4:00-4:45PM | Will & Grace (strength) |
| 5:00-5:45PM | Creative Cardio |

FRIDAY

| | |
|---------------|---|
| 7:00-7:45AM | Mind-Body Powerwalk (Meet in Spa lobby) |
| 8:00-8:45AM | Mind Body Bento: Yoga/Pilates |
| 9:00-9:45AM | Creative Cardio |
| 10:00-10:45AM | Toys ⁴ : Board, Balls, Balance & BOSU! |
| 11:15AM | Fluid Fusion! |
| 12:15-1:00PM | Relax O2 |
| 4:00-4:45PM | Will & Grace (strength) |
| 5:00-5:45PM | Yo-Cycle |

Class Policies

1. All of our Golden Door classes are fusion classes that blend two or more disciplines to give you a unique, blended approach to wellness in an order to maximize benefits and minimize time./ 2. All classes welcome all guests, from those with no experience to current instructors. We invite you to enter with an open heart and mind./ 3. Our Mission: to orchestrate and co-ordinate energy of all kinds in a mindful way./ 4. We invite you to take home the Golden Door approach to wellness home with you by stopping by our Boutique to pick up our classes on video and DVD.

Cycling Classes

For safety reasons, no guest is allowed to a Studio Cycling once the music has begun. Cycling "reservations" are taken at the Main Spa desk one hour prior to each cycling class, in person only. We will provide water for cycling classes only. Please refrain from entering a class once the warm-up has commenced.

Our Golden Door Fitness Staff invites you to book your own private session of any of our classes tailored just for your needs, when you want it!

Animal Kingdom

Embark on a yoga journey blending some lesser-known yogic animals with some traditional ones. We may incorporate Gliding™ disks, Reebok Core Boards, and/or foam rollers in this experience.

Creative Cardio

Burn fat without realizing it in a fusion of a daily selection of some of the hottest forms of cardiovascular exercise: step, hi-lo, the Reebok Core Boards, Gliding™ disks, stability ball and the BOSU.

Fluid Fusion!

Join us at the Activities Pool next to the waterslide daily at 11:15 for this complimentary class featuring easy aquatic dance moves, strength, and flexibility sections. This class may feature our signature creation, "Hydro Yo-Chi®" fusing yoga and T'ai Chi for the water. We use different equipment each day to guarantee laughs and fun fitness!

Golden Gliding™ (strength)

Learn techniques for using one of the hottest - and simplest - ways to sculpt and stretch your body, the Gliding™ disks.

Latin Belly!

Fuse Latin rhythms and Eastern techniques in one class to use your core while standing. Appropriate for both men and women, you will be surprised at how much fun you can have sweating!

Labyrinth

Visit the newest of Golden Door labyrinths overlooking the Caribbean sea atop our bluff. Learn the purpose of a labyrinth and techniques for walking it to improve meditation and awareness.

Mind Body Bento: Yoga/Pilates

A Japanese Bento Box is a ornately prepared meal of different tastes that blend harmoniously. Likewise, this class fuses the stability of yoga with the moving exercises of Pilates for little tastes of blended movement. We may incorporate Gliding™ disks, Reebok Core Boards, and/or foam rollers in this experience.

Our Daily Breath: www.relax.CALM

You learn cardio, strength and flexibility, but have you learned how to breathe for each of those? What about for the rest of your life? Learn how to breathe in this class for every-body on breathing! Empower your sense of relaxation and stress management techniques as we concentrate on the breath and postures of the body. Learn how to breathe and manipulate your focus to introduce a greater sense of relaxation.

Toys⁴: Board, Balls, Balance & BOSU!

This class is Core Training at its best! Based on the Reebok University formats of Final Cuts and Core Training, we will use the hottest pieces of fitness equipment on the market today available to you here at the Golden Door.

Walk-Reebok® PowerWalks

This spectacular natural walk covers between two and five miles along our award winning beautiful golf course. Many natural factors contribute to the fact that we sometimes do change our program itinerary! The Golden Door Spa is the world headquarters for Nordic Walking with poles!

Will & Grace (strength)

Experience effective functional total body training techniques using WILL-ful and GRACE-ful force and fluidity...stability and mobility...muscle and mind. Teach all parts of your body to communicate together with "muscular communication" designed to enhance your role as a champion of living. You've never trained like this before!

Yo-Chi®

Yoga and T'ai Chi fuse in the unique Golden Door creation that cycles each practice for five-minute segments. Be among the first to experience this innovative, cutting-edge program featured on the syndicated U.S. TV show LIVE! with Regis & Kelly and CNN! We may incorporate Gliding™ disks, Reebok Core Boards, and/or foam rollers in this experience.

Yo-Cycle®

This fusion cycle class combines mindful kinesthetic awareness and cardiovascular training in one venue. We will begin on the cycle and finish on the floor. Embark on a mind-body-spirit journey by incorporating a wide variety of mindful breathing techniques, visualization, T'ai Chi, Feldenkrais exercises, and yogic flexibility asanas.

Yo-Opera®

Our signature blend of non-traditional music for yoga with traditional yoga will leave you caught up in the music.