

# Private Wellness Services



Enjoy a wide range of private classes tailored to your interests. If you don't see the class you want, please let us know. Our team is often able to customize experiences.

## FITNESS

PERSONAL TRAINING  
LAWN GAMES-BOCCE BALL  
TEAM BUILDING  
BOOTCAMP  
TRX  
PICKLEBALL

## MIND & BODY

YOGA  
MEDITATION  
PILATES  
BARRE  
TAI CHI  
SOUND HEALING  
MAHJONG

SCHEDULE ALL PRIVATE WELLNESS SERVICES THROUGH THE SPA AT 866-860-2328.



CARNEROS RESORT AND SPA