



## OCEAN SPA & FITNESS

### State of the Heart Fitness® Outdoor Training and Activities

#### **Beach Power Walk**

Let the ocean air and view of the surf kick start your energy with a brisk morning beach walk. 60 minutes

#### **Guided Hikes**

Enjoy breath-taking ocean views from the trails of the Santa Monica Mountains. All levels of fitness are welcome.

2-4 hours

#### **The Santa Monica Classic**

“Run” from the paparazzi along Palisades Parks’ star-studded jogging trail, feel the burn as you experience the celebrated 4<sup>th</sup> street stairs, and work your core at the original Muscle Beach! \*Must be able to walk/jog at least 3 miles continuously. 2 hours

#### **Power Beach Circuit aka Beach Boot Camp**

Our challenging beach circuit combines aerobic and strength training stations to keep your energy going! We’ll help you relax and recover afterwards with a full body stretching session.

#### **Water Aerobics**

Jump in the pool with us for a workout devoted to improve your cardiovascular fitness and tone all of your muscle groups. This is an excellent workout for anyone, especially those with joint discomfort or orthopedic concerns. 60 minutes

#### **Walking Beach Meditation**

Be in the moment. Focused breathing and visualization center your mind and body as you embark on a silent walking meditation along the water’s edge. Experience heightened awareness of the senses as you take in the sights, sounds, and scents of the ocean. Your journey concludes with a gentle stretching session. 45 minutes

### Pricing

#### **Private Group Exercise Classes**

\$175+ / hour, up to 10 people per class. \$10 / additional person.

#### **Guided Hikes**

\$225+ / 2 hours, 1-5 people. \$10 / additional person.

Overall cost depends on length of hike, transportation and travel time.

#### **The Santa Monica Classic**

\$175+ / 2 hours, 1-5 people. \$10 / additional person.

To reserve your training session call 310.842.5657. Visit [www.stateoftheheartfitness.com](http://www.stateoftheheartfitness.com) for more information about our training and wellness programs.

