

About NapaFit's "Fitness Adventures"

Hikes

These can be intense or calm and relaxing. Terrain varies depending on your interests and fitness level. We can climb to the top of Westwood Park for a birdseye view of the city of Napa or jog through Alston Park for beautiful north/south views of the valley with some vineyard scenery thrown in for good measure! More intense hikes include heading to the top of Mt. St. Helena in Robert Louis Stevenson State Park, which boasts some of the longest views in the U.S. and a fascinating history. This most challenging hike features rough terrain with evergreen forests and canyons on north-facing slopes and chaparral on the south-facing slopes. The five-mile hike to the top of Mt. St. Helena offers a vista from which one can see much of the Bay Area. On clear days, the top of Mt. Shasta is visible at 192 miles in the distance.

To protect the park's wildlife and other natural resources, dogs are not permitted in these parks.

Parks are located in Napa, Angwin, St. Helena and Calistoga.

The best seasons for group hikes are spring and fall. Winter provides the best vistas, but with the chance of snow and chilling wind.

Walks/Runs

Enjoy walking or running on country roads and through beautiful vineyards. Invigoratingly clean air and the breathtaking views are thrown in for free!

Water Classes

You provide the pool, Ines will provide water weights, kickboards and inspiration. Ines will come to your hotel, resort or private estate.

Bachelorette Parties

Start off your all-girl spa day with an intense and fun workout. Then you can nosh and sip champagne with abandon!

Group Training

Ines comes to your hotel or vacation rental for a group class with a variety of workouts: core, stretch, endurance weight training, strength weight training, kickboxing, interval training, older adult workouts, stability ball classes, cardio class, running, step-ups, etc. All equipment provided.

