



Ordinary People, Extraordinary Results

LOCATION: 760 South 200 West
Ivins, UT 84738
888.870.2639 U.S. Toll Free
435.673.6600 Local
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FitnessRidge.com

Fitness Ridge Resort & Spa is cradled in the southwestern corner of Utah, a short two hour drive from Las Vegas. Located on 11 acres near Snow Canyon State Park, the majestic red rock, amazing vistas, and beautiful climate provide guests the ideal destination.

OPENED: 2002

EXECUTIVE PERSONNEL: Tami Clark, CEO/Owner
Cameron Kelsch, General Manager/Owner
Cameron Payne, Executive Chef

PHILOSOPHY: Fitness Ridge provides a one-week minimum, results-oriented, health, fitness, and weight loss program. Our guests refer to us as a "compassionate boot camp". The goal at Fitness Ridge is to provide our guests a jumpstart to making lasting lifestyle changes and facilitate each guest's health and weight loss goals in a friendly and supportive environment. Fitness Ridge offers a life changing experience.

PROGRAM: The Fitness Ridge program incorporates outdoor hiking and indoor fitness activities to provide guests maximum results. In addition to our fitness classes, we also exercise the mind with our mid-day and evening classes and lectures. Our indoor classes include circuit training, interval cardio training, spin bike classes, tai chi, aikido, kickboxing, live drumming, hip hop, yoga, pilates, and more. Each day also includes a water aerobics class in our outdoor pool after the morning hiking. Our education program includes lectures from our staff experts on topics such as mindful eating, exercising efficiently and weight training. One of the highlights of the week is a visit to the local buffet restaurant with our dietitian. You will learn how to use portion control at this all-you-can-eat locale.

SPA: The Fitness Ridge Spa & Salon services are designed to help you relax, indulge your senses, fight the effects of aging, improve your fitness and wellness regimen, and enhance your beauty. Services include all manner of massages, facials, acupuncture, and chiropractic services.

Our treatment services are only scheduled in the evening hours after the daily scheduled activities have been completed.

DINING: Meals are served in a familial atmosphere in our dining hall. Meals are calorie counted (1200 calories for the entire day) and optimized for maximum nutrition. Did we mention that the food is delicious too?

PRO SHOP: Our on-site pro shop provides guests the opportunity to purchase souvenirs or any forgotten essentials. We can outfit guests with any item from their

Packing list. With a simple call ahead, we will have requested items available upon arrival.

RATES:

Private Accommodations: A guestroom all to yourself.

One Week: **\$1,695**

Four Weeks: **\$6,000** (\$1,500 weekly rate)

Double Occupancy Accommodations: A double occupancy guestroom. (We can find guests a roommate)

One Week: **\$1,295**

Four Weeks: **\$4,400** (\$1,100 weekly rate)

Off-site Accommodations: Guests stay off-site in accommodations they arrange for themselves.

One Week: **\$995**

Four Weeks: **\$3,600** (\$900 weekly rate)

A \$200.00 per week non-refundable deposit is due at time of booking. The rates listed above do not include taxes. The balance is due 2 weeks prior to arrival. We accept Visa, MasterCard, American Express, Discover Card, Cash, Check, and Money Order.

Cancellation Policy: You will receive a full refund less the non-refundable deposit, if canceled two weeks prior to arrival. If canceled less than two weeks prior to arrival, then we will hold the amount as a credit for your next stay. A rescheduling charge of \$300.00 applies if you reschedule within 2 weeks of your arrival date.

PET POLICY: Fitness Ridge has specific rooms designated for our guests with pets. A \$100 fee per pet per week is applied. Pets should be kenneled when left alone in guest rooms. Pets are not allowed during activities, in our spa or in the dining facility.

CHECK IN/OUT: Check-in is on Sunday between 1pm-5pm
Check Out is on Sunday at 10:00am

ORIENTATION: New guest orientation is Sunday evening during dinner beginning at 5:30pm.

MISC SERVICES: Private hiking, personal training, day trips and various fitness testing is available to interested guests by appointment and for a nominal fee.