

## **Fitness Ridge Resort & Spa Joins Destination Spa Group®**

*Destination Spa Group (DSG) is pleased to announce that Fitness Ridge Resort & Spa has recently been accepted as a new member. Adding the spa to its collection of 25 spas worldwide, Destination Spa Group now offers three unique Utah spa vacations for spa-goers.*

Tucson, AZ ([PRWeb](#)) September 7, 2007 -- Destination Spa Group (DSG) is pleased to announce that Fitness Ridge Resort & Spa has recently been accepted as a new member. The spa joins the prestigious group of Destination Spas from around the world, expanding the organization. With the addition of Fitness Ridge, Destination Spa Group now offers 25 spa vacations to potential spa-goers.

A bona fide Destination Spa, Fitness Ridge Resort & Spa offers a seven-day, results-oriented health fitness and weight loss program. The week is fully structured and designed for guest interaction and support. Owner Cameron Kelsch states, "Guests affectionately refer to us as a compassionate boot camp. They come to exercise, eat healthy, and renew themselves in the spectacular, natural, red-rock setting."

In 2007, Fitness Ridge Resort & Spa built a new facility in Ivins, Utah - the same locale of two other Destination Spa Group members, Green Valley Spa and Red Mountain Spa. The high desert climate, dramatic red rocks, calm blue skies, clean dry air and stunning vistas provide an ideal setting for a Destination Spa. All three Destination Spas offer exceptional hiking thanks to the red rock formations and a strong health and wellness program. Each spa's approach and focus is significantly different from the next, giving spa enthusiasts three unique options to choose from in Southeastern Utah.

- Fitness Ridge - affordable weight loss program with proven results.
- Red Mountain Spa - outdoor adventure fitness for all levels.
- Green Valley Spa - customized luxury spa vacation packages.

According to Michelle Kleist, Destination Spa Group's Executive Director, "Fitness Ridge offers an authentic Destination Spa vacation at an affordable price. Ms. Kleist explains that, "Guests are taken in and provided with all the tools they need to lead a healthy life, leaving the property recharged. We are delighted to have Fitness Ridge join our organization and represent the true Destination Spa experience."

For more information about Fitness Ridge or Destination Spa Group, call 1-888-772-4363 or visit <http://www.destinationspas.com>.

### Destination Spas™:

Only a select group of Destination Spas follow the tradition of the true Destination Spa - where the total environment is dedicated to health and life enhancement. The experience is transforming - a full immersion into healthy and joyous living. Guests come for the structured and personalized programs that blend fitness activities, healthy cuisine, wellness education, discovery classes, relaxation and renewal. Guests leave enriched for life.

### Destination Spa Group®:

Founded in 1997, Destination Spa Group® is a membership organization that is dedicated to educating the public about the unique wellness and self-improvement opportunities of Destination Spas. Spas must meet specific criteria for membership and be committed to providing a health renewing experience. Destination Spa Group offers three resources to help potential spa travelers find the right spa vacation and to live the spa lifestyle at

home: <http://www.destinationspas.com>; a free information and referral service: 888-772-4363 and Destination Spa Vacations.

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