



# FITNESS RIDGE RESORT AND SPA

## Please contact us with any questions

Toll free: **888-870-2639**

Local: 435-673-6600

Email: [reservations@fitnessridge.com](mailto:reservations@fitnessridge.com)

Address: **760 South 200 West  
Ivins, UT 84738**

## Arrival / Departure Information

Arrival: Sundays from 1:00pm - 5:00pm MST

Departure: Sundays before 10:00am MST

## Suggested Packing List

Light hiking or walking shoes (*trail runners*)

Athletic / exercise shoes & socks

Exercise wear

Hydration backpack (*camelback – 2.0 ltrs*)

Water bottle

Large beach towel (*for pool class*)

Swim suit & cover up (*robe*)

Pool shoes / sandals

Sunscreen

Shampoo / Conditioner (*for extended stays*)

Jacket / sweatshirt

Casual clothing

Sunglasses / hat

Small first aid kit

## Optional / Seasonal Items

Winter clothing / gloves / headband

Walkman / MP3 player

Camera

Seat pad for “spin” class.

## Cancellation Policy

Your deposit is non-refundable. If you cancel after your balance has been paid, then we will hold the amount as a credit for up to one year. A rescheduling fee of \$300.00 applies if you reschedule within 2 weeks of your arrival date.

## Weather Information

Winter temp (*Dec-Feb*): 35 – 60 degrees

Spring temp (*Mar-May*): 60 – 90 degrees

Summer temp (*Jun-Aug*): 70 – 100 degrees

Fall temp (*Sep-Nov*): 60 – 90 degrees

## Travel Information

The nearest major Airport is in Las Vegas, NV (LAS), the airport is about 125 miles from Fitness Ridge.

There is a small municipal airport in St. George UT. If you fly into St. George, complimentary pick-up is provided. Please let us know your arrival time. (*Skywest Airlines*)

**St. George Shuttle:** 800-933-8320 - \$35 per person each way. They will drop you off and pick you up at our facility. Please call them to make the reservation.

**Aztec Shuttle:** 435-656-9040 - \$120 for up to 3 people, \$30 per person after that. They will drop you off and pick you up at our facility at your specific time. Please call them to make the reservation.

**St. George Express:** 435-652-1100 - \$19/person each way. *They will **not** drop you off at our facility.*

**Quality Cab:** 435-656-5222

Thank you, Reservations.

The **Journey** begins...