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MM18717





Welcome

Relax and rejuvenate in style at The Spa at Shingle Creek, an Orlando day spa and elite salon located at the luxurious Rosen Shingle Creek. Experience the warmth of a mud wrap, the bliss of a soothing massage and the tranquility of our signature facials. Each of our treatments is personalized and developed for the ultimate day spa experience. The Spa at Shingle Creek also invites you to enjoy a workout in our sleek fitness studio overlooking scenic views, a swim in the invigorating pool, or an afternoon of total mind and body relaxation. Come experience the elegance of The Spa at Shingle Creek.



Shingle Creek Massage Experiences

The following experiences have been developed especially to utilize the talents of our seasoned team of massage professionals. Each treatment will be customized to your personal preferences and needs. When scheduling your treatments, you may request a male or female therapist; however, we regret that we cannot guarantee this preference. All massage and bodywork sessions are provided by licensed massage therapists who are highly skilled and well-trained in draping techniques to provide the utmost comfort during your spa experience. Our massage and bodywork professionals are licensed by Florida's Board of Health and governed by the Board of Massage Therapy.

Selecting Your Massage

HELP US HELP YOU

Talk to your therapist about any sensitivities or areas to be avoided before your massage begins. Also let the therapist know if you feel any discomfort. Communication is the key to getting the massage you expect. Our expert massage staff is devoted to giving you a massage tailored to your needs.

OUTCOME OF THE MASSAGE

When selecting a massage, think of what you would like to get out of the session. If you want to unwind and let the world float by, a Relaxation Massage is your choice. If you want a pick-me-up and need some areas attended to, a De-Stress Massage may be what you want. If you have an area that you recently injured or is chronically sore, you may want our Therapeutic Massage.



FOUR HANDS MASSAGE

This massage combines the benefits of a Relaxation Massage with the skills of two talented therapists. They will work in sync to relax, rejuvenate and renew you...twice as much. (minimal draping)

50 min. \$270

ASHIATSU BAREFOOT MASSAGE

Practiced for thousands of years, this unique form of deep-tissue massage originated in Buddhist monasteries. Supported by wooden bars, the therapist applies muscle compression using the feet. Smooth, fluid and gliding foot pressure reaches deep into soft muscle tissue surrounding the joints. This pressure helps provide deep relaxation and stimulation of the lymphatic system. (minimal draping)

80 min. \$220 50 min. \$160

CREEKSIDE CITRUS AND CEDAR MASSAGE

This ultimate combination of our body and scalp massage is integrated with techniques to deliver an unforgettable experience. Our therapists will also refresh your tired feet with a complimentary foot scrub.

80 min. \$220 50 min. \$160

PROFESSIONAL STRETCHING

Our massage therapist will assess the tension patterns in your body. After analysis and consultation, we will stretch tight muscles while maintaining a relaxing environment. The goal of this treatment is to enhance balance in the body. Loose-fitting clothing is recommended.

25 min. \$70





Shingle Creek Traditions*

HIMALAYAN SALT STONE MASSAGE

Not just your average stone massage, these 100% organic salt stones have been mined from the Himalayan Mountains. Himalayan salt stones are naturally infused with 84 minerals that help replenish the body. Combined with the heat and the skills of our therapists, this Signature Salt Stone Massage increases blood circulation, reduces inflammation, improves sleep and induces deep relaxation.

80 min. \$230 50 min. \$170

THERAPEUTIC MASSAGE

This treatment is specifically for those who want to “Be Better.” Whether you’re trying to address chronic lower back pain or a stiff neck from sleeping, our therapists will engineer a treatment based on your specific concerns. Discuss your massage goals with your therapist.

80 min. \$210 50 min. \$150

DE-STRESS MASSAGE

Using firm pressure, this massage is specifically designed for tight, stressed and aching muscles. This “feel better” massage is perfect for those who suffer from headaches or everyday aches and pains. The treatment promotes better range of motion, increases blood flow and circulation, and relieves pain and tension.

80 min. \$200 50 min. \$140

RELAXATION MASSAGE

“Relax”... using gentle pressure, Swedish massage strokes will ease the tension from your mind and body. The most common of all massages, this session will help reduce tension, increase circulation and induce relaxation.

80 min. \$190 50 min. \$135

*All massages include your choice of aromatherapy oils.



Shingle Creek Traditions^{*} (continued)

HEALTHY BACK CUPPING

Soft cupping therapy is an effective, deep-massage technique used to break up stagnation that creates aches and pains in muscles. The negative pressure of the cups dramatically decreases inflammation, while increasing recovery speed and providing a feeling of deep relaxation.

25 min. \$70

HEALTHY LEGS CUPPING

Relieve tired legs, swollen ankles and sore calves with this ancient Eastern cupping method. Incorporating manual lymph drainage, soft cupping therapy creates the ideal treatment for increasing circulation, removing fluid buildup and improving the appearance of tired legs.

25 min. \$70

HEALTHY CUPPING FACIAL MASSAGE

An effective anti-aging treatment, we use small cups to lift the facial tissue and increase circulation, bringing nutrients to the skin while smoothing fine lines. Neck and facial muscles also benefit from the reduction of tension and tightness, as expression lines are released. Those suffering from TMJ can also experience relief through the loosening of rigid muscles. In addition, changes in pressure as the cups are applied and removed may help relieve sinus congestion and promote lymphatic drainage. We recommend not performing facial cupping on broken skin or if you have active breakouts or rashes.

25 min. \$70

If you choose to experience this therapy, please be mindful of the effects and after-care recommendations as explained by your therapist. Also, this therapy may produce a temporary skin discoloration, or “cup kiss,” that results when the cups are released. A “cup kiss” is NOT a bruise, and it will dissipate within a few hours to a few days.

Shingle Creek Traditions^{*} (continued)

REFLEXOLOGY

Reflexology is an ancient Chinese technique that stimulates pressure points on the feet to relieve tension and restore a smooth energy flow throughout the body. Choose 50 minutes to enjoy work on the hands, as well.

50 min. \$150 25 min. \$80

MOTHER-TO-BE MASSAGE

Let us help relieve some of the aches and pains you're carrying around. We will support you by using pregnancy support pillows and pregnancy massage techniques. Our goal is to let you decompress and help you relax as we care for both you and your baby. (You must be in your second or third trimester to choose this treatment.)

50 min. \$145

COUPLES MASSAGE

Enjoy your choice of massage with a loved one or friend. Complimentary champagne is included.

50/80 min. (priced individually)

*All massages include your choice of aromatherapy oils.

ADD-ONS:

HIMALAYAN SALT STONES

These organic hot salt stones are naturally infused with 84 minerals that help replenish the body. Add these Signature Stones to your service; they will leave you in deep relaxation.

25 min. \$65

LEG AND FOOT REVITALIZER

This revitalizer consists of an exfoliation and massage of the legs and feet. Whether your legs are tired from a long flight or your feet are sore from walking around the parks, let us revitalize you! This treatment will soften, smooth and hydrate even the hardest-working legs and feet. Enjoy! You deserve it.

25 min. \$55

COCONUT AND HONEY SCALP TREATMENT

Experience the perfect complement to any massage or body treatment. Our blend of coconut milk and honey oil is slightly warmed and applied briskly from the forehead to the scalp and nape of the neck to stimulate circulation and hydrate the scalp.

25 min. \$50

SHINGLE CREEK SIESTA

Have you ever wanted to just nap after a wonderful massage? Now you can, with the Shingle Creek Siesta. Our therapists will drape you with hot packs and let you drift off to dreamland. Once you are rested, let us gently bring you out of your slumber, refreshed and ready for life.

25 min. \$45



Body Treatments

ISLAND ESCAPE

Let the aromatic nature of the island breeze set you adrift on a wonderful treatment. Our coconut sugar exfoliation is followed by a coconut milk and honey body mask. While in your wrap, we will perform a scalp massage to ease the tension from your scalp. Your tropical escape will conclude with a moisturizing massage to seal in the breeze.

100 min. \$250

EVERGLADES SCRUB AND BODY WRAP

This body envelopment combines the sweet smells of sugar with the invigorating essences of citrus. The treatment will begin with a full-body brush, followed by an exfoliating body scrub. You will then enjoy a warm mud wrap using nutrient-rich mud. During this time, you will receive a nourishing scalp massage. Lastly, a mega-moisturizing body butter rich in vitamin E and the essences of citrus will complete this invigorating treatment.

80 min. \$190

CALUSA COCOON

This treatment starts with a full-body brush, followed by a gentle exfoliation of the entire body. You will then be placed in a moisturizing wrap rich in vitamins and the essences of citrus. This treatment is a real stress reliever, bringing balance to your body and a sense of well-being to your spirit.

50 min. \$150

PARADISE GLOW

This body treatment exfoliates you with pure cane sugar and tropical nut oils, ridding the body of dead skin, strengthening the skin's elasticity and replenishing moisture loss. We will finish with an exotic body oil, leaving your skin noticeably smooth. Enjoy your choice of coconut milk and honey or mango scrub and oil.

45 min. \$140



Facials

SHINGLE CREEK SIGNATURE FITNESS FACIAL

This high-performance signature treatment, exclusive to the spa, utilizes botanical and aromatherapy-based products rich in indigenous elements. Each facial is meticulously customized to your skin's needs, be it quenching your skin's thirst, clearing unflattering breakouts or repairing sun damage and fine lines.

80 min. \$185 50 min. \$140

ILLUMINATING FACIAL

This amazing treatment diminishes dark spots using the latest innovations in lightening agents and powerful exfoliants to create a glowing, even tone in all skins from ebony to ivory.

80 min. \$210 50 min. \$150

CLARIFYING & REFINING FACIAL

This facial addresses causes and factors of acne and offers advanced solutions for those who experience breakouts, but are also concerned with sensitivity, aging and hyperpigmentation. Created especially for mature skin affected by acne and rosacea.

75 min. \$190

ANTI-AGING MICRO PEEL

Advanced aging calls for advanced treatments. This powerful treatment starts with microdermabrasion to remove dead skin cells and allow for deeper penetration of our anti-aging blend of glycolic acid and retinol, followed by a hydrating vitamin C mask and an infusion of plant-derived stem cells for advanced results.

80 min. \$235 (neck, décolleté and hands)

50 min. \$175 (face and neck)

O₂ MICRO LIFT

This luxurious treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin, leaving it luminous, refreshed and rejuvenated.

50 min. \$160

ORMEDIC MICRO PEEL FACIAL

This facial will address the special needs of your sensitive skin, including treating and caring for breakouts, oiliness and sensitivity. Allow our professional staff to educate you on how to properly care for your special skin concerns.

50 min. \$135

PURIFYING BACK FACIAL

This specialized treatment involves a deep pore cleansing, vaporizing steam to lift impurities by using gentle extractions. A relaxing massage, specialized treatment mask and penetrating anti-bacterial serum and moisturizer finish the facial.

50 min. \$135

SPECIALIZED TREATMENTS TO
COMPLEMENT FACIALS:

COLLAGEN EYE TREATMENT

This results-oriented treatment targets visible signs of aging of the skin around the eyes, utilizing our eye renewal cream and collagen eye pads, yielding a refreshed and rejuvenated look.

No additional time \$45

MICRODERMABRASION

Microdermabrasion is a method of mechanical exfoliation that uses a machine to remove dead surface skin cells and initiate cellular turnover. This enhancement can be helpful to treat aging and sun-damaged skin, altered pigmentation, fine lines and wrinkles, stretch marks and acne scarring.

No additional time \$40

BIOMOLECULAR IMASK

This next-generation sheet mask is constructed from a unique, patented hydrogel technology, derived from red algae and carob tree, and is designed to increase the delivery of active ingredients into the skin. The breathable, 3-D design traps moisture, helping active ingredients to penetrate deeper into the skin.

No additional time \$30

PARAFFIN WAX TREATMENT

Add this relaxing warm wax treatment to your facial as a soothing and luxurious treat that leaves your skin baby-soft. Hands or feet are submerged in the warm wax, wrapped in plastic and left to soak. Once the skin has soaked in all the benefits, the wax is removed, leaving your hands or feet feeling fabulous.

No additional time \$25

NECK AND UPPER CHEST FIRMING TREATMENT

This results-driven enhancement will firm and tighten your neck and décolleté areas. We will utilize the science of our award-winning product lines to formulate a treatment that will leave you feeling firmer and looking younger. Can be added to any 50-minute facial.

15 min. \$35

Waxing

Brow	15 min.	\$20 and up
Lip or Chin	15 min.	\$15 and up
Bikini Line	25 min.	\$30 and up
Underarm	15 min.	\$25 and up
Arm	25 min.	\$30 and up
Half Leg	25 min.	\$40 and up
Full Leg	50 min.	\$70 and up
Back	50 min.	\$70 and up
Brazilian	50 min.	\$65 and up



Nail Services - Hands

SIGNATURE REVITALIZING MANICURE

Awaken skin's glow with this revitalizing ritual. This treatment restores radiance with a botanical blend, brightening the skin's appearance while hydrating, repairing and conditioning your nails. A polish of your choice completes your experience.

Includes: Soak, nail file and shape, exfoliate, cuticle work, masque, hot towel compress, paraffin, polish or buff.

50 min. \$65

TROPICAL INFUSION MANICURE

Bring a youthful glow back to your hands with a relaxing soak in a coconut milk bath. This exfoliation of naturally occurring alpha hydroxyls in pure cane sugar, infused with essential oils, enzymes and coconut oil, is followed by a warm body butter wrap for your hands. Your skin is moisturized and instantly revived while milk proteins set in motion a firming process to reduce the appearance of fine lines.

Includes: Soak, cut and file, cuticle work, mask, butter, hot towel compress, polish or buff.

40 min. \$55

HEALING DILO MANICURE

The Sacred Dilo Nut is known to possess a unique capacity to enhance the skin's own repair mechanism, soothe pain and irritation, and promote the growth of healthy skin. In this service, a blend of coconut milk and exotic nut oils cleanses the skin; a pure sugar cane scrub infused with essential oils and fruit enzymes exfoliates. Your hands are moisturized in a luxurious cocoon of Dilo rescue butter while your arms are cooled with a refreshing massage.

Includes: Soak, cut and file, exfoliate, cuticle work, butter, polish or buff.

40 min. \$50

CLASSIC MANICURE

Revive and nourish skin with a warm hand soak, a coconut sea salt exfoliation and hydrating massage to restore healthy circulation.

Includes: Soak, cuticle care, nail shaping, scrub, buffing and polish of choice.

35 min. \$45

SHELLAC MANICURE

Enjoy this long-lasting crystal shine polish with zero dry time. You can go about your spa day without having to worry about smudging your polish. As with all our treatments, our Shellac Manicure has special touches that will leave you feeling relaxed and renewed.

50 min. \$55 Shellac Removal 25 min. \$20

ADD-ONS

Shellac Polish \$25

French Polish \$10

Paraffin Wax \$25



Nail Services – Feet

SIGNATURE REVITALIZING PEDICURE

This healthy approach to a traditional Signature Pedicure lifts impurities with a botanical blend. Polish, brighten and replenish moisture for silky smooth skin with an all-day hydrating lotion. A polish of your choice completes your experience.

Includes: Soak, nail file and shape, exfoliate, cuticle work, masque, hot towel compress, paraffin, polish or buff.

55 min. \$80

TROPICAL INFUSION PEDICURE

Sit back, relax and be pampered from soul to sole. This treatment starts with a ritual cleansing, improving skin elasticity and texture, and leaving feet feeling smooth hydrated with a youthful glow. A polish of your choice completes your experience.

Includes: Soak, cut and file, cuticle work, mask, butter, hot towel compress, polish or buff.

50 min. \$75

HEALING DILO PEDICURE

The Sacred Dilo Nut is known to possess a unique capacity to enhance the skin's own repair mechanism, soothe pain and irritation, and promote the growth of healthy skin. In this service, a blend of coconut milk and exotic nut oils cleanse the skin; a pure sugar cane scrub infused with essential oils and fruit enzymes exfoliates. Your feet are moisturized in a luxurious cocoon of Dilo rescue butter while your legs are cooled with a refreshing massage.

Includes: Soak, cut and file, exfoliate, cuticle work, butter, polish or buff.

50 min. \$65

CLASSIC PEDICURE

Enjoy all the essentials of a perfect pedicure: a foot cleansing, thorough exfoliation of calves and feet, and revitalizing foot massage.

Includes: Shaping, buffing and a polish of your choice.

40 min. \$55

Hair

HAIR DESIGN

Women's Cut and Style	\$75 and up
Haircut Only	\$50 and up
Bangs Trim	\$20 and up
Shampoo and Style	\$60 and up
Up-Do	\$85 and up
Hot Tools (Service Enhancement)	\$20 and up

COLOR SERVICES

Full Color and Blow-Dry	\$105 and up
Full Color and Cut	\$120 and up
Root Touch-Up	\$70 and up
Color Balancing	\$50 and up
Corrective Color	\$145/hour
Balayage & Ombre	\$160 and up
Full Foil	\$150 and up
Partial Foil	\$100 and up
Toner	\$45 each

*You may add a blow-dry to any color service for \$30.

MEN'S GROOMING SERVICES

Men's Cut	\$45
Color Blending	\$40 and up
Mustache and Beard Trim	\$20 and up

Hair and Scalp Treatments

NOURISHING HAIR \$40
(fights aging, strengthens and moisturizes)

REJUVENATION SCALP \$50
(essential nutrients to boost healthy hair development)

Makeup

MAKEUP ARTISTRY

Whether you desire a new look or a way to enhance your natural beauty, our makeup artist is available to meet your needs.

Lesson and Application	\$95
Application	\$85
Hairpieces and Accessories	By Consult
Eyelashes	\$20 and up

Bridal Services

HAIR DESIGN AND MAKEUP ARTISTRY

For brides and bridal parties, a consultation and preliminary run-through is suggested well in advance of your big day.

Hair Consultation with Design	\$95 and up
Hair Design	\$95 and up
Makeup Consultation	
with Application	\$95 and up
Bridal Makeup Application	\$95 and up
Personal Hair and	
Makeup Assistant	\$50 per hour

(for touch-ups and last looks before the ceremony)

Express Menu

Short on time? Choose from any of these quick, yet rejuvenating treatments:

Express Massage	25 min. \$70
Express Facial	25 min. \$70
Express Manicure	25 min. \$40
Express Pedicure	25 min. \$45

Packages*

MEETING ESCAPE

Express Massage
Express Facial
Express Manicure
Express Pedicure
2 hrs. \$235 (includes service charge)

DAY AT THE CREEK

Himalayan Salt Stone Massage
Shingle Creek Signature Fitness Facial
Tropical Infusion Manicure
Tropical Infusion Pedicure
3 hrs. \$395 (includes service charge)

MOTHER-TO-BE PACKAGE

Choose between our Mother-to-Be Massage (must be in second or third trimester) or Shingle Creek Signature Fitness Facial
Also including
Signature Revitalizing Manicure
Signature Revitalizing Pedicure
Your choice of appetizer
2 hrs. \$270 (includes service charge)

RETREAT FOR TWO

Couples Creekside Citrus and Cedar Massage
Couples Classic Manicure
Couples Classic Pedicure
Lunch for Two
Complimentary Champagne
2 1/2 hrs. \$550 (includes service charge)

*Additional discounts do not apply to package prices



Enjoying Your Spa Treatment

ARRIVE EARLY

Get the most out of your spa visit by arriving with plenty of time before your treatment, so you can take advantage of our steam room, sauna or whirlpools.

REFRESH AND RENEW

Whether you are fresh from the gym or a meeting, you may start with a warm, soothing shower in the lounge just before your treatment. You will not only be relaxed, but you will begin releasing stress that weighs you down.

DRESS APPROPRIATELY

Slip into one of our plush robes when you arrive so you will be on your way to relaxation prior to your treatment. If having nail or hair services, you may also take advantage of the robes. Please undress to your level of comfort. You will be draped with a sheet and blanket throughout massages and facials.

Fitness Center

CARDIO EQUIPMENT

Get your heart rate going with an exhilarating workout on any of our state-of-the-art machines. These machines are equipped with the latest cardio workout technologies and flat-screen TVs for your entertainment:

- 10 Life Fitness Treadmills
- 4 Life Fitness Ellipticals
- 2 Life Fitness Cardio Bikes
- 2 Spin Bikes

FITNESS EQUIPMENT

- Free Weight Smith Machine – 350 lbs. of free weight plates
- Life Fitness Cable Motion dual-adjustable-pulley strength training
- 13 Life Fitness Circuit Training Machines
- Dumbbells set from 5 lbs. to 100 lbs.
- SYNRGY360 T System
- Medicine Balls
- Resist-a-Balls
- Kettlebells

RESERVATIONS AND APPOINTMENTS

Fitness Training is based on appointment only and can be booked through the fitness center. The following equipment can be reserved through the fitness center and is based on a space-available policy:

- Tennis Courts and Equipment
- Volleyball Courts
- Basketball Goals
- Fishing Equipment

FITNESS CENTER FEES

- Length of Stay **\$20 (hotel guests only)**
- 24 Hours **\$10 (hotel guests only)**

Spa Amenities

With a Spa service, guests 18 years of age or older enjoy a full day's access to the Spa facilities (available from 8 a.m. to 8 p.m. daily) and lap pool (open from 6 a.m. to midnight). Separate ladies' and gentlemen's facilities, located on the second level, include a relaxation room, whirlpool, sauna room, steam room and showers. For your comfort, we provide a private locker, Spa robe and slippers. Bathing suits and workout attire are highly recommended.

Spa Information

APPOINTMENTS

While walk-ins are welcome, appointments are strongly preferred and encouraged. Reservations are subject to availability and must be guaranteed with a credit card. Please notify our Spa receptionist if you have high blood pressure, allergies, any physical ailments or special needs, or if you are pregnant, as this may affect your choice of services. This information will be completed on your Personal Care Guide upon arrival.

CANCELLATION

We kindly request that cancellations or changes to appointments be made at least 6 hours in advance for single services and 48 hours in advance or multiple treatments. A 50% charge will be applied to your credit card for failure to follow this policy. No-show appointments will be charged in full.

ARRIVAL

Please arrive 15 minutes before your appointment to sign in. Late arrivals will only receive the remaining available appointment time and will be charged the full service fee.

SPA RECREATION ACCESS FEES

- Length of Stay **\$40 (hotel guests only)**
- 24 Hours **\$20 (hotel guests only)**

BEFORE YOUR TREATMENT

You will be provided with a robe and slippers upon arrival. Disrobe to the level of your comfort. Undergarments are not necessary, but may be worn during your treatment if you prefer. The Spa at Shingle Creek's licensed therapists are trained to drape a sheet or towel over your body to provide privacy at all times.

It is recommended that you avoid shaving on the day of an exfoliation treatment, because that may cause a stinging sensation. Alternative exfoliation treatments are available.

PRICES & GRATUITIES

We accept all major credit cards, personal checks and travelers' checks. Treatment prices do not include a service charge. For your convenience, a 20% service charge will be added to your spa service.

GIFT CERTIFICATES

The Spa at Shingle Creek staff will be happy to provide recommendations for a gift of health, relaxation and beauty to fit any taste and personality. Gift certificates may be purchased at the Spa desk for products and services and may not be redeemed for cash.

CELL PHONES

In consideration for our guests, we ask that you turn off your cell phone and/or other electronics before entering the Spa.

VALUABLES

The Spa at Shingle Creek is not responsible for damage to or loss of your personal belongings. Our recommendation is to not bring valuables to the Spa.

CHILDREN

All Spa guests must be 16 or older to schedule a treatment. Younger guests will need to have a parent present for their treatment.

Et Cetera

Take advantage of our other world-class amenities here at Rosen Shingle Creek:

GOLF

Extension 3717007

Our guests enjoy privileges at Shingle Creek Golf Club.

DINING

Extension 3717327

A LAND REMEMBERED

Our fine-dining steakhouse is located inside the Golf Clubhouse.

CALA BELLA & BELLA'S BAR

This fine-dining Italian bistro features a piano bar.

MI CASA TEQUILA TAQUERIA

Soak in authentic Mexican flavors, including homemade guacamole tableside and specialty margaritas.

BANRAI SUSHI

Choose from traditional and signature rolls, specialty sakes and inspired cocktails.

TOBIAS BURGERS & BREWS

This welcoming gathering spot for hungry guests serves gourmet burgers, specialty flats, craft beers and bourbon.

CAFÉ OSCEOLA

This café serves continental cuisine, à la carte and buffets, for breakfast, lunch and dinner.

CAT-TAILS POOL BAR & GRILLE

Enjoy a full range of food selections while you relax by the pool.

HEADWATERS LOUNGE

Mingle, network, or relax with friends at this social hot spot at Rosen Shingle Creek.



Group Retreats & Activities

FUN RUN / 5K

Schedule an early-morning run/race on property. Please note that races can start no later than 6:30 a.m. and end no later than 8 a.m. due to incoming traffic and golf course business.

Pricing varies by group size.

Please contact the spa for arrangements.

AVAILABLE CLASSES

All fitness classes are based on availability. Pricing may vary by class. Please contact the spa for details and reservations.

Yoga

Zumba

Boot Camp Circuit Training

Body Pump

If there is a specific class or activity you would like to see, but it is not listed above, please let us know, and we will accommodate based on availability.

**PLEASE INQUIRE ABOUT OUR
CHAIR MASSAGE AND GROUP BUYOUTS.**