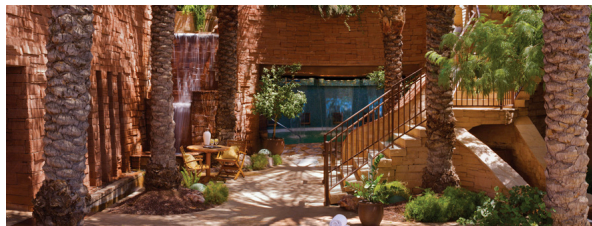


Resort Stays Make Fitness Goals Easier

Written by Christina Tetreault
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Gone are the days where you squeezed yourself into a tiny workout room in the basement of a hotel, resigning yourself to picking among a few barbells and a tired treadmill. These "gyms" are a thing of the past for many resorts. Instead, more and more are offering options such as yoga classes, healthy dining choices and active outdoor pursuits.

Whether you opt for a staycation or leave the desert this summer, many properties such as AAA Four and Five Diamond, offer a variety of resources to help you stay on track this summer:

- **Upgraded, state-of-the art fitness centers:** In addition to treadmills, elliptical machines and weight machines, many properties go a step further. The AAA Four Diamond [Firesky Resort & Spa](#) in Scottsdale offers yoga props and balance balls, free weights, an exercise bar and a warm-up/cool down area for stretching exercises.
- **Variety of fitness classes and workshop:** In addition to workout rooms, many resorts offer a variety of complimentary fitness classes for guests. The [Sanctuary Camelback Resort & Spa](#) also offers Pilates and meditation classes, as well as on-site fitness and nutrition consultants. Perhaps one of the most comprehensive resort fitness programs offered is at the [Well & Being at Willow Stream Spa at the Five Diamond Fairmont Scottsdale Princess](#). In addition to traditional offerings, the facility also provides spinning, body sculpting, Zumba and aerial yoga classes, as well as fitness consultations.
- **Staying fit in the great outdoors:** We are fortunate to have a variety of active pursuits available in our own backyard. Stunning hikes, trails and urban bike paths, swimming and outdoor sports are just a few of the activities to choose from. Many resorts leverage the beauty of the Arizona landscape by offering guided hikes, horseback riding and more. AAA Four Diamond [Westward Look Wyndham Grand Resort & Spa](#) in Tucson offers championship tennis courts, tennis leagues and clinics. Guests seeking to experience the outdoor beauty of the resort's 80-acre grounds and nearby trails can rent mountain bikes from the front desk and explore the area on their own or arrange a guided bike tour.

Regardless of where your travels take you, be sure to check out the property's fitness and wellness programs ahead of time, as you may decide to pack those sneakers after all.

For additional tips on AAA Arizona Diamond properties, visit highroads.az.aaa.com/blog.

By: Kelly Potts