



**THE LODGE
AT WOODLOCH**
A DESTINATION SPA RESORT



The Lodge at Woodloch Encourages Guests to Find Their Fitness in 2015

A Fitness Routine Requires Commitment and Dedication- Find a Fitness Routine Soul Mate by Exploring New Classes

For Immediate Release: December 16, 2014 HAWLEY, PA- The Lodge at Woodloch understands that exercise is not a one-time action but a lifestyle. Creating fit habits requires finding the right fitness “soul mate” to match ones own personality, goals and lifestyle so that the dedication and commitment come easy. The Lodge at Woodloch is offering “Find Your Fitness” throughout the month of January to allow guests to explore new fitness regimes and programs to help ignite the spark that is needed in any blossoming relationship.

Guests will be able to select from the array of over 30 classes and offerings that are a constant on The Lodge at Woodloch’s monthly activity calendar like Drums Alive, Great Wall of Yoga, Kempo, Bosu, Bollywood Belly Dancing, Tabata, Spinning, Body Pump and more. Additionally, January will bring classes from Master Instructors and Celebrity Trainers to get a taste of up and coming fitness trends as well as classic classes in order to give guests a feel for their fitness connection.

January 11 and 12:

Jessica Beers has had a life-long yoga journey as a daughter of a Zen Buddhist. She grew up near and attended school at the Himalayan Institute. Jessica has been certified in everything from Pilates to Spinning but was truly inspired by her Yoga practice. She has traveled all over the world to learn as much about yoga and the magic behind it including living modestly in an Ashram in the Himalayan mountains in India. She now lives in Philadelphia where she does workshops and is the founder of Elemental Flow, a yoga based on the elements. Jessica will be sharing her Elemental Flow classes with guests at The Lodge at Woodloch among other classes.

January 17 and 18:

Tiffany Knight believes in stamina, strength, fierce determination and accountability. Powered with tough love and an unyielding belief in clients ability to succeed, she drives her clients to meaningful and long-lasting life changes. Tiffany will be teaching classes in intenSati®, PiYo™, Insanity®, Power-Slide, Turbo Kick® and Body Blast.

January 19 and 20:

Michele Decerio holds a Bachelor of Science from Penn State. After a successful career in Finance and Marketing, she set aside a management training program and finished an MBA while staying at home to raise three children. Michele began her fitness career as a hobby, earning her first certification and teaching group fitness in 1994 and later became a certified personal trainer in 2000. In 2005, she formed *Gettin' Fit on the Go*, an in-home and business personal training company -- reaching people who prefer not to work out at a gym or cannot get there. Michele will be featuring classes such as DVRT-Ultimate Sandbag Training, PiYoChi and HIIT.

January 21, 22 and 23:

Betsy Cast is a master of motivation and movement and has been involved in fitness all her life. She uses the skills she's gained in competitive athletics, martial arts, and dance in her classes to create a true fitness experience. As a Philadelphia fitness expert for over 10 years, her energy is contagious. Betsy began as a protégé of intenSati creator, Patricia Moreno and is now the head of leader training. Betsy will be sharing her passion and expertise with guests at The Lodge at Woodloch in classes such as Cardio Dance Party (Footloose); Powerstrike Kickbox and intenSati®.

January 24 and 25:

Stephanie Lauren is the founder of PLYOGA. She has spent most of her life dedicated to nourishing athleticism and health both personally and professionally. PLYOGA takes a 4 part class that is uniquely constructed to highlight plyometric interval training with fluent yoga as an active recovery. PLYOGA not only brings together two profoundly different forms of fitness, but also two dynamics of people. Stephanie will offer PLYOGA classes as well as Power Hour Yoga among other offerings.

The Lodge at Woodloch fitness team will be surveying guests during the guest-run classes to determine what classes are most popular to help evolve the ever-changing fitness program. Midweek Magic rates start at just \$239 per person, per night and require a two-night minimum stay, based on the Intro to Spa Package. To learn more call 866.953.8500 or visit thelodgeatwoodloch.com.

About The Lodge at Woodloch:

The Lodge at Woodloch is one of the finest all-inclusive luxury destination spas in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 400 wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The award-winning property features 57 luxury accommodations and a 40,000-square-foot spa. Additional information and reservations are available toll-free at 1-866-953-8500 or on the Web site at thelodgeatwoodloch.com.

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