

9 Fitness Vacation Ideas to Jumpstart Your New Year's Resolution

Kick off 2017 with an action-packed retreat.



Recharge and rejuvenate at these fitness-inspired wellness getaways near and far.

By [Sheryl Nance-Nash](#) | Jan. 4, 2017, at 9:52 a.m.

If you're a health nut who's vowed to get in tiptop shape and kick off the year with a getaway focused around fitness, there are plenty of places to put your New Year's resolution into action. Sometimes, all you need is a little inspiration to spark your motivation. Here's where to go to get started – and keep the momentum going all year long.

[See: [10 Top Wellness Retreats Around the Globe.](#)]

The Palms Hotel & Spa
Miami Beach, Florida

[The Palms Hotel & Spa](#) bills itself as an oasis for all things fitness and wellness. The property recently launched its NatuRUNs – monthly workshops for runners led by local runners and fitness experts that explore all aspects of running, including stretching, form, strength and mindfulness. Since The Palms opens directly onto the Miami Beach boardwalk, it's ideally situated for beachside running. Plus, The Palms' "Run

like a Fighter!" workshop on Jan. 10, 2017, will include a boot camp conditioning class for runners led by local fitness guru and creator of Just Goodness protein treats, Jessica Bigio. The class will include dynamic stretching, high-intensity interval training and a group run. To top it off, every NatuRUN ends with all-natural treats from The Palms' signature farm-to-table restaurant, Essensia Restaurant & Lounge.

Naïa Resort and Spa

Placencia, Belize

The sheer beauty of Belize can do wonders to lower your stress level and kick your wellness up a notch. When you're not enjoying Belize's tranquil surroundings, head to the Fitness Center and Yoga and Movement Studio, where you'll find state-of-the-art equipment, free weights and a dedicated stretching area. There are also an array of classes to pick from, including aerial yoga, Pilates and guided meditation. Both studios overlook a lagoon and feature floor-to-ceiling glass doors that open out onto a veranda and private lawn. Aside from active pursuits on land, you can snorkel on the hemisphere's longest barrier reef. Afterward, get pampered with a customized spa ritual or relax at the resort's pristine swimming pools.

Red Mountain Resort

Ivins, Utah

The [Red Mountain Resort](#) is nearby Zion and Bryce Canyon National parks, as well as Snow Canyon State Park, where you can walk, hike and run to your heart's content. Red Mountain features a number of adventure- and wellness-themed retreats. For example, the five-day Rejuvenate & LiVe Well retreat includes a comprehensive assessment, a three-and-a-half-hour-long visit to the center where you'll review your personal history and profile, meet with a doctor to evaluate your personal health history and wellness needs and go through body composition, fitness and metabolic testing, as well as a consultation with a nutritionist. Expect healthy meals to fuel your guided hiking and group fitness classes. What's more, there are meditation workshops, and you can enjoy two private sessions with a personal trainer.

Le Soleil d'Or

Cayman Brac, Cayman Island

Holistic Hideaways at Le Soleil d'Or feature nutritional meals with produce from the resort's 20-acre organic farm, customized spa treatments, daily excursions and activities and more. Jan. 25-30, 2017, kicks off a five-day Detox retreat with Nikki Sharp, a health coach, wellness expert and yoga instructor. During the retreat, she'll teach guests how to lose weight and maintain their physique by learning to build a healthy relationship with food, while nourishing your mind, body and soul. If you can't make it to the health retreat, there are plenty more wellness-inspired retreats throughout the year, including the Body Reset with celebrity trainer Hannah Davis in February 2017, which will include programming centered around healthy eating habits and maintaining physical and mental wellness.

[See: [10 Bucket-List Destinations That Don't Cost a Fortune.](#)]

1 Hotel South Beach

Miami Beach, Florida

This luxurious, wellness-focused [hotel](#) recently unveiled a 14,000-square-foot indoor space. Hotel guests and residents of 1 Hotel & Homes South Beach have access to Spartan Gym trainers, and technique classes that are exclusively available in South Beach. The property's gym offers weightlifting machines, free weights and other equipment, along with plenty of opportunities to reboot mental wellness with yoga, stretching and

meditation. After enjoying a serious workout, hit the 4,500-square-foot Bamford Haybarn Spa, where you can pick from a variety of nourishing body treatments.

The BodyHoliday, LeSport

Cap Estate, St. Lucia

The resort's name says it all. Treat yourself to a relaxing holiday with inclusive spa treatments and versatile classes to recharge and rejuvenate, including spoga (spinning and yoga) in the property's Treehouse Spin Studio, tai chi, water sports, golf, tennis and more. During your visit, you can learn strategies for maintaining a stress-free life. Plus, after working up a sweat, you can keep your Zen with lavish treatments at the spa, such as facials, body wraps and massages and fuel up on healthy meals at four on-site eateries.

Miramonte Indian Wells Resort & Spa

Indian Wells, California

Get your heart pumping in this 11-acre desert oasis as you hike the Cross Trail, work out with a personal trainer and enjoy yoga on the Miramonte Lawn. And when you need to refuel, load up on farm-to-table dishes made with locally sourced ingredients, including fruits from the resort's citrus grove and herbs from the garden. Afterward, relax in the on-site salt pools or meditation room or get pampered with a massage and detox in the eucalyptus steam room.

Bucuti & Tara Beach Resort, Aruba

Eagle Beach, Aruba

At [Bucuti & Tara beach Resort](#), an adults-only retreat, wellness specialist Isabel Struve Rasmijn creates customized programs for guests that focus on nutrition, physical fitness and mental wellness and balance. Guests fill out a questionnaire before they arrive and are provided with a customized dining plan. And once you arrive, you can enjoy private training sessions in the oceanfront fitness center, beach walks, yoga classes, hikes in Arikok National Park, tennis lessons and water sports. Find your Zen by floating in the ocean, joining Qi Gong classes on Eagle Beach or at the Purun Spa.

[See: [10 Under-the-Radar Spa Retreats.](#)]

La Quinta Resort & Club, A Waldorf Astoria Resort

Palm Springs, California

Take advantage of innovative fitness classes, including a TRX Circuit at the state-of-the-art fitness center at [La Quinta Resort & Club, A Waldorf Astoria Resort](#). Using a TRX Suspension Trainer (a performance training tool that leverages gravity and your body's weight to complete hundreds of exercises), a TRX Circuit works to build long, lean and balanced muscles. Plus, Core Circuit classes will get your heart racing with time intervals working on abs while using body movement, TRX, kettlebells and other fitness props. What's more, you can try your hand at tennis or join spinning, Pilates and yoga classes before getting pampered with a relaxing massage or body treatment at the spa.

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