



FIT FOR FLORIDA

TAKE A BREATH AT **THE ST. REGIS BAL HARBOUR RESORT** WITH THE NEW WELLNESS PROGRAM BY JACQUELINE CURLEY

LEFT: AN AEROGA CLASS ON THE BEACH
RIGHT: VIEW OF THE POOL AT THE ST. REGIS BAL HARBOUR RESORT



For a weekend that won't make you feel like you need a vacation from your vacation, the St. Regis Bal Harbour's new Wellness Program was designed to make sure its visitors return home feeling fit and relaxed, rather than regretful of all those poolside piña colodas. Their oceanside Aeroga is a genius combo of aerobics and yoga and boot camp classes are offered daily from the dynamic duo of celebrity trainers: Chris and Tracie Vlain, who also dish out great tips for sticking to a healthy lifestyle. There's nothing like a sweat session on the beach during the sunrise to take the work out of working out. Once you've built up your appetite, head to either J&G Grill or the sushi bar for menus filled with healthy options that are swimsuit season approved. If you're still craving high-quality rest and relaxation, the St. Regis' Remède Spa, complete with Vichy rainshowers and Finnish saunas (not to mention the Jacques Torres truffles) is always there for you. 9703 COLLINS AVENUE, BAL HARBOUR, 305-993-3300, STREGISBALHARBOR.COM