

Day 1:

Arrive at Red Mountain Resort near St. George, Utah, this afternoon.

4:30 - Total stretch class

Dinner

8:00 - Gathering

Day 2:

Breakfast

7:30 - Guided hike

10:30 - Discovering the keys to successful weight loss class

Lunch

Choice: strategies for improved posture, core class, ultimate barre

4:30 - Understanding the mindful eating cycle

Dinner

8:00 - Candlelight yoga

Day 3:

Breakfast

8:00 - Snow Canyon e-bike tour

10:30 - Yoga for detox

Lunch

Choice: Hydro challenge, cardio express, make-up class, pilates

4:30 - Stillness in motion

Dinner

8:00 - You can ukulele

Day 4:

Breakfast

9:30 - Kundalini yoga

10:30 - Total stretch

Lunch

1:30 - Experience chakra balancing

Choice: hydro challenge, zumba, tank top arms, glute camp

5:15 - Successful meditation

Dinner

8:00 - Discover your intuitive gifts

Day 5:

Kayaking & paddleboarding

Breakfast

10:30 - Yoga flow

Lunch

1:30 - The brain wellness connection

4:30 - Full body melt

Dinner

Sound bath

Day 6:

Breakfast

Mindful hiking

10:30 - Pilates

11:30 - Healthy cooking demonstration

Lunch

Check out and head home.

Rejuvenate in Red Rock Comfort and Adventure



Take time to relax, renew and rediscover your passion for adventure. Red Mountain Resort offers a unique diversity of health, fitness, nutrition, cooking, stress management, anti-aging, and wellness classes and programs designed for life-enhancing changes that last much longer than your stay. With three healthy meals per day, swimming pools, a state-of-the-art spa, and over 50 classes weekly, you will never want to leave this luxurious, beautiful resort.

Included in this Package

Desert Oasis or Villa Room

Three healthy meals daily

Daily yoga

Daily guided morning hikes

Fitness classes

Healthy life classes & events

Personal discovery activities

Eat Well, Feel Well cooking demonstrations

Complimentary Wi-Fi in rooms and throughout resort

Welcome gift of water bottle and backpack

Use of indoor & seasonal outdoor pools, bicycles, walking trails, strength & cardio studios and other amenities

Suite Dreams
TRAVEL