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FOR IMMEDIATE RELEASE

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High-resolution photos available upon request.

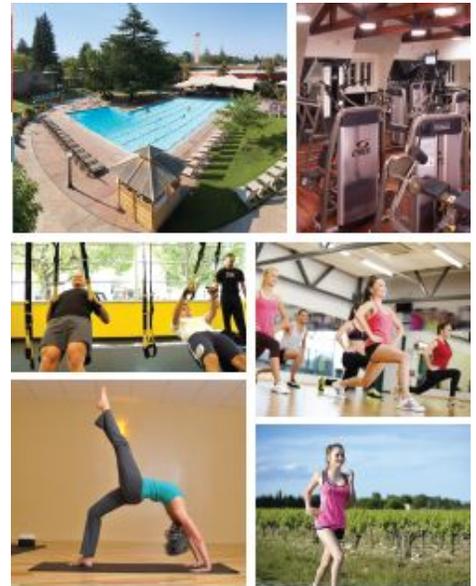
GET BACK ON TRACK

Experience Healthy Living Choices.

SANTA ROSA, Calif. (November 13, 2014) Not far from city life, yet away from the Bay Area hustle and bustle – the historic Flamingo Resort & Spa awaits. A diamond in the vines, amidst Sonoma’s Bennett Valley Wine Appellation, The Flamingo is *the* destination where those-in-the-know flock to retreat from everyday monotony.

Whether you’ve derailed from your weekly fitness regimen or reached maximum overload from life’s daily demands, The Flamingo has a fitting solution to help you get back on track.

Introducing The Flamingo Resort & Spa’s *new* **Fitness Retreat Package**, combining just the right amount of fitness with the perfect amount of play. Partake as a couple, pair-up with a pal, or travel solo and experience what fine Wine Country hospitality feels like in a tranquil setting. **The 4-day weekend interlude takes place Thursday, January 8 - Sunday, January 11, 2015.**



RETREAT PACKAGES INCLUDE

(download [brochure](#) online for complete schedule)

Fitness assessment; personal training; exercise classes; spa essentials: massage, sauna, and Jacuzzi; nutritional consultation and meals; on and off-site wine tasting; and rehabilitating outdoor excursions: swimming, kayaking, tennis, cycling, and hiking.

HEALTH CLUB FEATURES

- 5 tennis courts with clinic, private lessons, and practice or pro sessions
- 25 meter lap pool with optional swimming lessons and water aerobic classes
- 1,200 sq-ft exercise room with weights and state of the art cardio equipment
- Group Classes: Hot Yoga, Slow Yoga, Vinyasa, Qigong, Zumba, Pilates, and Xbarre

With fully customizable fitness programs, guests can ease into a health regimen that's just their speed. Then by days end, guests may reap the rewards of some iconic Wine Country indulgences.

Diabetic menu options from **Chef Robert Lewis** (author of *The Happy Diabetic*) include:

- Asparagus frittata with tomato, garlic, onion, Provolone and Reggiano Cheese
- Turkey panini on multi-grain with pesto, spinach, caramelized onions, and Sonoma Jack
- Hot & sweet pork 'prime rib' with apple mango chutney, brown rice, and organic veggies
- Lemon crème cake tower



Vegan menu options from world-renowned nutrition expert **John A. McDougall** include:

- McDougall's lasagna layered with spinach, tofu ricotta, and soy parmesan cheese
- McDougall's tacos with corn tortillas, pinto beans, lettuce, tomato, onion and salsa verde
- McDougall's fat free chocolate brownie



Dan Brown, Director of Sales & Marketing shares, "Our guests leave renewed, rejuvenated, relaxed and healthier than when they arrived. They've enjoyed the best of what the Sonoma Wine Country has to offer and they've combined a blend of unique exercises, experiences, education, and healthy menu choices, kick-starting their life change and new healthy lifestyle."



Simply one of the best value offers of its kind, The Flamingo Resort's **Fitness Retreat Package** is the ultimate personal gift to one's self or someone special.



MAKE YOUR RESERVATION TODAY. SPACE IS LIMITED.

CALL 707.545.8530. Only 15 total vacancies.

FITNESS PACKAGE PRICES (tax/gratuity included)

\$995 per person (based on double occupancy)

\$1226 for guests traveling alone (all inclusive)



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