

Colorado Spas

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Spring into Spa Season

By Claire Walter

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Ready or not, here comes spring. Even as skiers and riders glory in the last snowstorms of the season and slide and glide on corn snow, the ski season begins to wind down and melt-off is on the horizon. Still, for a while, there much snow and mud will remain on many hiking, mountain biking, or running trails – and yet, many of us feel an urge to escape. Spring is also an indulgent season, when you might consider treating yourself to a getaway to a luxury resort to work out and be pampered in the spa too, in whatever proportion you desire. Also, ask about the availability of personal trainers to conduct fitness evaluations and design a program to take back home with you. As a bonus, spring is low season, so the deals – even at luxury hotels with first-class spas – are as good as they get. Here are some terrific properties, plus fitness centers and spas that offer f feel-great, look-great spa treatments.

Aspen Club & Spa. This enormous and comprehensive health, wellness, and fitness center on the outskirts of Aspen offers services and facilities in four areas. The Health & Fitness Center, which lies at the heart of the club, both physically and in its offerings, boasts state-the-art cardio and strength equipment, a Pilates and Gyrotonic studio, personal trainers, an indoor lap pool, and an array of fitness and mind/body classes that range from hardbody workouts like Cardio Bootcamp and Intervalocity to mind-body paths like Hatha Yoga, Yoyalates, and Pilates mat. The club also has five tennis courts, racquetball and squash courts, and a full indoor basketball and volleyball court. The Sports Medicine Institute provides unsurpassed personalized physical therapy and chiropractic treatments for a range of acute and chronic orthopedic, sports, and neurological problems and pain management. The Sports Performance Center provides an arsenal of contemporary strength training and cardiovascular equipment and provides workout structure and training programs for amateur, professional, and team Athletes.

The innovative Center for Wellbeing [stet] combines traditional and cutting-edge services, include acupuncture, nutrition counseling for weight loss or gain and healthy eating habits; lifestyle assessment to help plan and achieve a long and healthy life, and mental performance training to enhance performance in the workplace or in the sports arena by identifying goals and developing motivation, intensity, focus and mental skills

to help achieve them. Finally, SpaAspen [stet], the town's only full-service spa, boasts 34 treatment rooms and an enormous menu of traditional and innovative therapies, including relaxing and therapeutic massages, body treatments, and facials.

Off-season lodging tends to be a real deal once the lifts close. Guests of the Hotel Jerome, The Little Nell Hotel, and North of Nell enjoy free use of the club, and other properties offer discounted entry (go to the club's website and follow the links to individual properties). One-day access to the club is free with the purchase of any spa treatment. Otherwise, a day pass is \$65, with multi-day discounts offered.

Contact: 866-4VITALITY, 970-925-8900, www.aspenclub.com.

The Broadmoor, Colorado Springs. This award-winning resort offers 700 elegant rooms and suites, fabulous golf (three courses), great tennis (nine courts, two of them indoor), and a large and opulent spa that is now being redone into an even more luxurious facility. It reopens on Apr. 16 with six new European-style rooms for massage and three for facials, two new \$100,000 SilverTAG [stet] hydrotherapy showers, and much more. The fitness center features a full line of Cybex resistance and weight training machines, plus assorted stationary bicycles, treadmills, and other aerobics equipment and an aerobics room with a joint-friendly spring-mounted floor. Classes include Pilates, yoga, spinning, step, aqua, ball, muscle strengthening and toning, Tai Chi, and stretch. Swimmers have an indoor pool and two outdoor pools. Through Apr. 30, room rates begin at \$230 nightly, rising to \$325 and up beginning May 1. Ask about tennis, golf, and spa packages.

Contact: 800-634-7711 or 719-577-5775 (reservations), 719-577-5770 (fitness center), www.broadmoor.com.

Cheyenne Mountain Resort, Colorado Springs. The resort's 316 rooms are clustered in eight small lodges. Recreational facilities include championship golf, 18 tennis courts (six indoors, two clay), squash and racquetball courts, a 35-acre lake for sailing and fishing, and a world-class aquatic center with an indoor 25-meter lap pool and an outdoor 50-meter Olympic pool (and also two other pools). The fitness center (open only to guests and club members) features PreCor circuit equipment, treadmills, Lifecycles, stairsteppers and other aerobic apparatus, and complete Cybex weight-training equipment. This resort quotes rates based on current availability, not seasonality, but as a ballpark, expect to pay \$129-\$159 nightly per room, single or double occupancy.

Contact: 800-428-8886 (reservations), www.cheyennemountain.com.

Hot Springs Lodge & Pool, Glenwood Springs. The 107-room lodge and the adjacent athletic club are functional, rather than luxurious – and it's the rare Colorado escape that you can make via Amtrak. The fitness center's Paramount weight equipment include free weights, exercise bikes, treadmills, stairsteppers, and a rowing machine. There are four racquetball/handball courts and a variety of classes including high- and low-impact aerobics, water fitness, spinning, and yoga, and water courts. Use of the club includes admission to the nearby Hot Springs Pool. Relax with a massage or in the steamroom, Jacuzzi, or sauna.

The R&R Package includes lodging, one massage per person, athletic club and pool admission, and breakfast at the Hot Springs Deli starting at \$241 per night for two people until Mar. 19 and \$291 from Mar. 20 until Oct. 2004.

Contact: 800-537-7946, 970.945.6571, www.hotspringspool.com.

The Lodge and Spa at Breckenridge. Perched on a steep hillside above town, the lodge feels like a tranquil retreat hovering over the busy resort. Stay overnight or just visit the spa, which provides cardiovascular, circuit training, and free weights, plus an array of spa services. Dip in the indoor pool, relax in the steamroom or sauna before, after, or instead of a treatment. From Mar. 28 through Apr. 21 (except Easter Weekend), rooms are just \$69 on weeknights and \$99 on weekend. Then the lodge will close down for a complete remodel, with a planned Dec. 2004 reopening.

Contact: 800-736-1607 (reservations), 970-453-4274 (spa), www.thelodgeatbreck.com.

Park Hyatt Beaver Creek. Beaver Creek's first slopeside luxury hotel keeps getting better, including a fairly recent expansion and upgrade of its Allegría Spa and related fitness facilities. The fitness center is equipped with Cybex and PreCor equipment, and if the view of the pool and the mountain isn't enough, there's a personal television monitor on each cardio machine. Classes include yoga, Pilates, BosuBall, and spinning, plus dance on weekends. Beginning Apr. 6, the popular Mountain Adventure package drops to \$718 single occupancy, \$955 double occupancy for two nights' lodging and one guided hike (bareboots or snowshoes, depending on conditions). Also, each adult gets a fanny pack with water bottle and energy bar, a 50-minute massage, a fitness class per adult, and \$80 in food and beverage credits.

Contact: 800-55-HYATT (Hyatt reservations), 970-949-1234 (hotel), www.beavercreek.hyatt.com.

Ritz-Carlton Bachelor Gulch, Beaver Creek. Just because the ritzy 237-room Ritz-Carlton has brought new levels of luxury and service to already super-luxe Beaver Creek doesn't mean the hotel doesn't have a sense of humor. It calls its spring season Fun-in-the-Mud with a variety of treatments including a seasonally appropriate signature spa treatment called Fun-in-the-Mud Wrap, an application of heated mineral-rich Colorado Indian Spring clay combined with spicy cinnamon and nutmeg. The spa and fitness center occupy a generous 21,000 square feet that include state-of-the-art equipment, 19 treatment rooms, men's and women's relaxation areas, and a sybaritic co-ed grotto. And, oh yes, there's an outdoor heated pool and also Ritz Kids, where youngsters are entertained and active, reserving other areas for adults. Between Apr. 12 through June 30, room rates begin at \$195, and packages including spa services are also offered (details not available at this writing).

Contact: 800-241-3333 (Ritz-Carlton Reservations), 970-748-6200 (hotel), www.ritzcarlton.com/resorts/bachelor_gulch/.

Snowmass Club. This venerable resort has redirected itself largely to sales and management as a "private residence club," which means very upscale timeshares. Still, one-bedroom villas are available for rent, starting at \$112 per night Apr. 3-11, which is the tail end of the ski season, and dropping further to \$100 and up until June 10. The club has nine outdoor and two indoor tennis courts, championship golf. Guests have access to the full-service health and fitness facility, which includes state-of-the-art weight

machines and exercise equipment. The staff also includes physical therapists, massage therapists, and fitness instructors who conduct a variety of classes.

Contact: 800-525-0710, 970-923-5600, www.snowmassclub.com.

Steamboat Grand Resort. "The Grand" is located at the base of the mountain, so after ski season and before summer hiking/biking season, it serves as a quiet retreat. Lodging in this 327-room behemoth ranges from hotel rooms to three-bedroom suites, with room rates beginning at \$119 nightly from Apr. 11 at least until late May. Guests have unlimited access to a large workout room that features free weights up to 50 pounds, a full circuit of Cybex machines, and such aerobic apparatus as treadmills, recumbent and upright stationary bikes, stairsteppers, and elliptical steppers. Yoga/stretch classes are offered. There is also an outdoor pool, hot tubs, and spa services.

Contact: 877-269-2628 (reservations), 970-871-5500 (general information), www.steamboatgrand.com.

Vail Cascade Resort & Spa. This large, well-turned-out complex would be impressive for a sizable city. It offers everything you need for a spring escape. The Aria Club & Spa, connected to the hotel by a covered walkway, offers 78,000 square feet of sports, fitness, and 14 body and beauty treatment rooms. If you're gung-ho to play hard, plunge into the pool or hit the indoor running track, take a turn on the basketball, tennis, racquetball, or squash courts, or head for the complete fitness center for a class or a workout on an unsurpassed array of apparatus – weights, Cybex and Hammer strength training equipment, and some 50 pieces of cardio equipment, including Tectrix, PrecCor, Life Fitness, Stairmaster, and Schwinn Spin Bikes. Fitness assessments are done with the New Leaf System.

And classes? Does Aria have classes? There's aerobics, toning, yoga, Pilates, and more. The spa menu is as opulent as the fitness center equipment inventory. From Mar. 13-Apr. 17, stay at the hotel for four nights at the price of three and also get a \$100 spa credit, and from Apr. 19 through next December, the Awe of Aria Spa Package costs \$179 per room, per night, including one 50-minute massage. An Aria day pass is \$25.

Contact: 800-282-4183 (reservations), 888-824-5772 (spa), www.vailcascade.com

Vail Mountain Lodge and Spa. This is small, 24-room luxury lodge in the heart of Vail Village features with an extensive spa and a venerable athletic club that was established in 1978. The 18,000-square-foot athletic club boasts such top-quality equipment as Cybex weight apparatus and LeMond spinning bikes, Vail's only full-size indoor climbing wall, personal training, and classes galore. These include cardio, all levels of yoga, spinning, Fit Ball, kickboxing, and other specialty programs. Ellen Miller (with two Everest ascents and three McKinley expeditions on her resume) conducts mountaineering training programs from this Vail base, as well as less extreme tours.

Athletic club access is complimentary to hotel guests and with the booking of a spa treatment, which include a range of body, facial, and salon services. From Mar. 28 to Apr. 14, room rates start at \$165 nightly, including breakfast, which is close to half off the high-season rate. The hotel closes for a total renovation beginning Apr. 18, with a projected reopening in mid-Dec. 2004.

Contact: 866-476-0700 (reservations and information), 970-476-0700 (lodge), 970-476-7721 (spa), 970-476-7960 (athletic club), www.vailmountainlodge.com.

Wyndham Peaks Resort & Golden Door Spa, Telluride Mountain Village. This 174-room hotel includes a big-name spa and fitness center, available only to hotel guests and club members. Adults are welcome in the fitness level, which features a 25-yard lap pool, Cybex weight room; cardiovascular deck with treadmills, bikes and more, and exercise studios for classes that range include yoga, Pilates, and various aerobic programs. Guests are invited to partake of the Peaks Purification Ritual, which includes the inhalation of Colorado aromatic herbs in the steamroom, a cedar-filled sauna for cleansing and purification, and a soak in the mineral-infused whirlpool. Families may use the recreation level with indoor/outdoor pool heated year-round, along with a water slide, sauna, steam and whirlpools.

The Golden Door Spa offers more than 50 traditional treatments, including New Age therapies, age-old Aryurvedic treatments, massage, wraps, and beauty treatments. At the tail end of the ski season (Apr. 1-4), room rates drop to \$249 and up nightly. The hotel then closes until May 19, reopening with a \$199 nightly room rate, through June 11. The hotel also offers lodging/spa packages, which start at \$372 per person for one night's luxury accommodations, breakfast at the Legends Restaurant, access to the Golden Door Spa, and one 50-minute spa treatment per adult, from \$335 single and \$509 double.

Contact: 800-789-2220 (Wyndham reservations), 970-728-6800, www.thepeaksresort.com.

Public Recreation Centers

Though we all need a touch of luxury and pampering now and then, it's not necessary to spend big bucks on a spring getaway that couples lodging at low off-prices (or crashing in a friend's guest room) with adherence to a fitness program. Thanks to Colorado Lottery funding, numerous towns beyond the state's major metropolitan areas boast public recreation centers whose facilities are the peer of private health clubs elsewhere. At complete rec centers, expect to find such facilities as swimming pools with lap swimming, fitness rooms for cardio and weight training, steam and sauna, indoor running track, gyms, indoor and outdoor sports courts, and studios for all manner of classes, including drop-ins. Day passes are inexpensive, even for non-residents. Here are some of the public rec and swim centers you might try. Call or check their websites for hours, classes, rates, and other details.

Aspen Recreation Center, 0861 [stet] Maroon Creek Road, Aspen; 970-544-4100, www.aspenpitkin.com/depts/55/.

Avon Recreation Center, 325 Benchmark Road, Avon; 748-4060, www.avon.org/reccenter.cfm.

Breckenridge Recreation Center, 880 Airport Road, Breckenridge, 970-453-1734 (information hotline), www.summitcolorado.com/breckenridge/recreation-center.php.

Durango Community Recreation Center, 2700 Main Street, Durango; 970-375-7300,
www.durangogov.org/resident/parks_leisure/reccenter.html.

Glenwood Springs Community Center, 100 Wulfsohn Road, Glenwood Springs; 970-
384-6300, www.glenwoodrec.com/com-center/community-center-facility-hours.htm/.

Silverthorne Recreation Center, 430 Rainbow Drive, Silverthorne; 970-262-7370,
www.silverthorne.org/recreation/rec_center.html.

Salida Hot Springs Aquatic Center, 410 West Rainbow Boulevard, Salida; 719-539-6738,
<http://salidapool.com/>.

Steamboat Springs Health and Recreation Association, U.S. Highway 40 and Third
Street, Steamboat Springs; 970-879-1818, www.steamboathotsprings.com/index.html.

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