



## **Fitness & Fun the Focus at Glenwood Hot Springs Athletic Club**

2009, Glenwood Springs, CO... There's no need to drop a fitness routine while away from home, the Glenwood Hot Springs Athletic Club is the premier health-club facility in Glenwood Springs. More than 1000 members enjoy unlimited access to the world's largest hot springs pool and benefit from a wide variety of exercise equipment, classes, and first-class amenities. Visitors are welcome daily.

The Glenwood Hot Springs Athletic Club is housed in the original 1888 sandstone bathhouse. The luxurious lobby features plush Victorian furnishings and vintage photographs of the Glenwood Hot Springs in the late 1800's and early 1900's.

In conjunction with the construction of the brand-new Spa of the Rockies, also located in the bath house, the Athletic Club received a face lift in 2008. The Athletic Club now has a new entrance, reception area, pool access, showers and group fitness rooms. The women's locker room was expanded and updated, while new plumbing, heating, ventilation and air-conditioning were installed.

One of the most exciting additions to the Athletic Club is the Movement Studio, a multi-use space that allows guests to work-out, participate in specialized classes or learn about health and wellness topics. The room can quickly be set up with Pilates chairs and reformers; it can be transformed into a "hot" yoga classroom by instantly raising the room temperature, and it also moonlights as the ideal location for workshops and seminars on a variety of health related topics.

Several types of group fitness classes are offered including aerobics, water aerobics, yoga, Pilates, spinning, fit ball and a variety of specialty fitness classes. Check the Athletic Club's monthly calendar for a complete class schedule.

An array of cardiovascular equipment, such as treadmills, elliptical trainers, a rowing machine, climbers, and stationary bicycles, have individual CardioTheaters screens and headphones. Personal trainers may be scheduled to assist with all of the equipment and to develop customized, individual fitness programs. Handball and racquetball are also available.

To wind down after a hard workout, relax in the oversized whirlpool, steam room or sauna located in a beautiful mosaic-tiled wet lounge overlooking the Glenwood Hot Springs Pool. Chaise patio chairs provide an opportunity to sunbathe on the private sun deck. Afterward, shower and freshen up in the spacious locker rooms, complete with toiletries. To contact the Glenwood Springs Athletic Club, call 970-947-2953.

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**GLENWOOD HOT SPRINGS**

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For more information on Glenwood Hot Springs, call 1-800-537-SWIM (7946) or visit [www.hotspringspool.com](http://www.hotspringspool.com). Current press releases, a complete press kit, photos, videos, and a live web camera are available at [www.hotspringspool.com/x.php?p=PressRoom](http://www.hotspringspool.com/x.php?p=PressRoom). Glenwood Hot Springs is located in Glenwood Springs, Colorado, between Aspen and Vail, 165 miles west of Denver and 90 miles east of Grand Junction on Interstate 70 off exit 116 at 401 North River Road.