



Bikini Boot Camp in the Rockies

Emerald Lake Lodge and Bikini Boot Camp Offering the

Perfect October Escape!

Field, British Columbia-October 23-25th 2009, Emerald Lake Lodge and Bikini Boot Camp are offering a fun and original package created for those who want to escape the city and get fit with friends, surrounded by the breathtaking Rockies.

This two night, weekend package begins Friday night, with a welcome session with Bikini Boot Camp founders Dawn Kosloski and Lindsay Nealon. After relaxing overnight in a lodge room furnished with a down duvet and wood-burning fireplace, begin Saturday with some invigorating stretching and a walk or run. The rest of the day will be spent on a guided hike, doing empowering workouts and having the time of your life getting fit in the Rockies!

Saturday night enjoy a guided wine tasting with Canadian Rocky Mountain Resorts Executive Wine Director Brad Royale, paired with Rocky Mountain Cuisine appetizers. Close the weekend Sunday morning with more laughs and a light workout.

The weekend includes breakfast each morning, a hikers lunch Saturday, all workouts, and the wine and appetizer pairing Saturday night.

This is a memorable way to spend time with friends or family while participating in a fitness regimen that is fun and inclusive. There will be free time to explore the gorgeous, secluded setting and historic lodge, or to ease your newly discovered muscles in the outdoor lakeside hot tub. This package starts from \$435.00 plus tax per night, based on double occupancy, and is a mandatory two night package. To learn more and for availability, call 1-800-663-6336.

To learn more about Bikini Boot Camp, visit www.bikinibootcamp.ca

About Bikini Boot Camp:

Bikini Boot Camp is Canada's original women's only outdoor fitness boot camp company. Since 2004, Bikini Boot Camp has been providing fabulous workouts to women. Starting with 1 program of 8 ladies, we have grown to over 70 programs, in 9 cities and 4 provinces. There are over 600 participants experiencing our programs every 8 weeks!

We have built our reputation on hard work, quality and our love of doing what we do. And we have been fortunate to create our own family of trainers and support staff. Women we respect and admire with the same passion. The workout is just the icing on the cake. Bikini Boot Camp will invite you into a lifestyle full of laughter, sweat and enthusiasm.

About Canadian Rocky Mountain Resorts:

Canadian Rocky Mountain Resorts is a family of companies consisting of Emerald Lake Lodge in Field, British Columbia, Deer Lodge in Lake Louise, Alberta, Buffalo Mountain Lodge in Banff, Alberta, and Painted Boat Resort on the Sunshine Coast of B.C. CRMR also owns four Calgary restaurants: Cilantro, Velvet, The Ranche, and Divino Wine & Cheese Bistro, as well as a game ranch, The Canadian Rocky Mountain Ranch, a Calgary wine boutique, Bin 905, and Canmore bakery, Panino. Now open: CRMR at Home, specialty retail store and catering in Calgary. Visit www.crmr.com for more details about CRMR.

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