

# Dr. Fuhrman's Red Mountain Spa GETAWAY

June 24th-29th, 2007

## Red Mountain Inclusive Vacation Activities Offer:

- **NEW DELUXE GUEST ROOMS**
- Daily Guided Morning Hikes, Spirit Hikes, Moonlight Walks and Star Party
- Sports Activities and Fitness Classes, Including:
  - Aerobics/Cardio Classes
  - Pilates Mat Classes
  - Aqua Classes
  - Stretch/Flexibility
  - Yoga/NIA/Chi Ball
  - Reebok Core Board®
  - New York City Ballet
  - and More
- Healthy Gourmet Cuisine - Three Meals Daily
- Cooking Demonstrations and Nutrition Classes
- Healthy Living Classes and Events
- Full Use of Resort Facilities, including Indoor and Outdoor (seasonal) Pools, Walking Trails, Strength Training and Newly Equipped Fitness Center

## Extended Services:

- \* National Park and Back Country Day Hikes
  - \* Outdoor Skills Classes
  - \* Spa and Salon Services and Treatments in Sagestone, Red Mountain's New Spa
  - \* Health and Fitness Assessments
  - \* Fitness Coach, Pilates and Private Fitness Instruction
  - \* Rock Climbing, Kayaking, Golf & more
  - \* Chiropractic Care/Acupuncture
  - \* Spa Boutique and Sport and Outfitters/Hiking Store
  - \* Bike Tours and Trails
  - \* Special Workshops/Cooking School
  - \* Private Hiking and Adventure Guide for Hire
- \* Additional fees apply*

For more information  
and to make reservations  
contact Dr. Fuhrman's  
Event Coordinator at:

908-237-2195 ext. 230  
or [events@drfuhrman.com](mailto:events@drfuhrman.com)



## Red Mountain Spa

*Between a Rock and a Soft Place*

ST. GEORGE, UT  
A PIVOTAL GROUP SPA

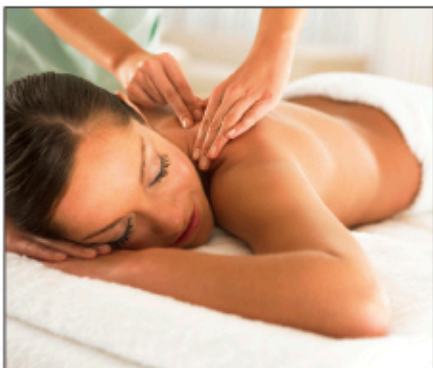


**W**ithin the setting of majestic spiraling sandstone cliffs, Red Mountain has become the premier adventure spa. The spa resort offers the largest variety of popular and innovative adventure and fitness activities, suited to every fitness level. Red Mountain's spectacular red rock setting is equaled only by the opportunities to experience exhilarating outdoor recreation in one of the most beautiful places on earth.

Whatever beckons you here, you're sure to find the adventure and renewal you seek. For outdoor adventure, Red Mountain is the ultimate vacation. Challenge yourself with our guided hiking and biking, rock climbing, kayaking, orienteering, stargazing or geology walks. Enjoy golf at the nearby Johnny Miller-designed championship course, Entrada at Snow Canyon. Take adventure trips to nearby Zion National Park, Bryce Canyon National Park and other scenic spots.

If relaxing and luxuriating with our signature spa treatments is your idea of the perfect vacation, our experienced staff at The Spa and Salon at Red Mountain will assist you in planning services to enhance your stay. Perhaps an Adobe Lavender Hydrating Cocoon or Desert Pearl Facial is the perfect afternoon activity for you!

Looking for a vacation that will jump start a new, healthier lifestyle or a life transition? Red Mountain Spa, at Snow Canyon offers unlimited fitness classes, an impressive array of health and fitness assessments, cooking demonstrations and life enhancement programs - all designed to educate, motivate and empower you in your pursuit of enhanced health. Our professional staff and personal trainers will assist you in developing a program to meet your special needs.



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Red Mountain is conveniently located less than 2 hours northeast of Las Vegas, easily accessible by most major airlines and most major departure cities. Shuttle van and Limo service to and from Las Vegas Airport (LAS) is available.

#### SHUTTLE VAN SERVICE:

St. George Shuttle (800) 933-8320

#### LIMOUSINE SERVICE:

Contact Red Mountain Spa Reservations (800) 407-3002

St. George airport is serviced by Skywest (Delta Connection) and United Express airlines. United Express offers direct flights from Los Angeles (LAX) to St. George (SGU). Skywest (Delta Connection) offers direct flights from Salt Lake City (SLC) to St. George (SGU). Red Mountain courtesy vans are available for direct transportation from St. George (SGU) to Red Mountain and return.

Skywest/Delta Connection (800) 453-9417  
United Airlines/United Express (800) 864-8331

#### GUEST REGISTRATION:

Upon arrival please contact Guest Services.

#### Book Your Dr. Fuhrman Red Mountain Adventure Today!

6-day/5 night package from

**\$1825\***

per person, per stay

double occupancy

*(includes all meals, activities, plus room tax and gratuity)*

#### Relax, enjoy, and rejuvenate

With Dr. Fuhrman's *Eat To Live*-style cuisine, outdoor recreation, entertainment and more. This 6 day/5 night package offers a healthy, relaxing, fun getaway complete with daily guided hiking, health, nutrition & fitness classes, plus a welcome gift.

#### Package includes:

- Arrival celebration with Dr. Fuhrman trivia & prizes
- Welcome Gift for Each Guest
- Daily Guided Morning Hikes, Spirit Hikes, Moonlight Walks & Star Party
- Unlimited Fitness classes including Yoga, Pilates, Chi Ball, Reebok® Core and NYC Ballet®
- Healthy *Eat To Live* Gourmet Cuisine - Three Meals Daily
- Cooking Demonstrations with Chef Chad Luethje and Dr. & Mrs. Fuhrman
- Lectures with Dr. Fuhrman
- "Get personal" roundtable discussions with Dr. Fuhrman
- *Eat To Live* support groups
- Beautiful Accommodations
- Full Use of Resort Facilities, including: Indoor and Seasonal Outdoor Pools, Whirlpools, Walking Trails & Newly Equipped Fitness Center with Cybex Equipment

Spa and Salon Services, Golf, Outdoor Adventure Trips, and Health & Fitness services may be added to any package for an additional fee.

*\* Rate is quoted per person, per night based upon double occupancy and subject to availability. Villa suites and single occupancy available at higher rate.*

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