



## WEST BAY CLUB TO HOST WELLNESS WEEKEND IN MAY 2015

### Idyllic Turks & Caicos Resort Announces Weekend Fitness Retreat with Acclaimed New York Trainer Courtney Paul

**Providenciales, Turks and Caicos – February 4, 2015** – West Bay Club, a Grace Bay Resort located on award-winning Grace Bay Beach, will host an exclusive 3-night fitness retreat this Spring in partnership with Barry's Bootcamp Master Trainer Courtney Paul. Set for May 15-17, the weekend will combine rigorous outdoor workouts with relaxing spa treatments and a healthy menu curated by Chef Wolfgang von Wieser, featuring local seafood and fresh fruit. Ideal for guests looking to reset their bodies and minds, training sessions will incorporate visualization techniques, body sculpting moves, and positive reinforcement, with Turks & Caicos' beautiful beaches as an unparalleled natural backdrop. Highlights include a Welcome Beach Barbecue hosted by Courtney and special takeaway gifts to help guests maintain their wellness goals throughout the summer.

A trendsetting professional with a cult-like following, Courtney Paul has set the standard for the New York fitness industry for over a decade. Courtney is licensed with the National Council for Certified Personal Trainers and has developed dietary routines and advanced fitness curriculum for high-end sports clubs including David Barton Gym and Boot Camp Republic. Courtney also boasts an impressive roster of celebrity clientele, including Tony Award winners Alan Cumming and Jane Krakowski; Golden Globe winner Dylan McDermott; actress Katie Holmes; Olympic gold medalist Tara Lipinski; and model Alicia Graham. Courtney is currently a Master Trainer at Barry's Bootcamp, leading high-intensity cardio and strength training classes that are consistently sold out.

"We're always looking to bring new, unique experiences to our guests at West Bay Club," said Nikheel Advani, COO of Grace Bay Resorts. "Knowing how important healthy living is to our guests, we're excited for our guests to experience the most current wellness offerings available during this rejuvenating weekend."

Rebranded by Grace Bay Resorts in July 2013, West Bay Club features 46 spacious suites. Blending Caribbean charm with modern, chic design, West Bay Club features Barbadian-inspired décor elements, such as cedar shingle roofing, expansive balconies with ocean views and an elegant, central courtyard. Under Grace Bay Resorts' guidance, West Bay Club has undergone a series of renovations and enhancements, including the addition of a new signature restaurant concept, Noodle Bar + Kitchen and a pop-up restaurant located directly on the beach and offering flavorful fare 'on a stick', Stix on West Bay. West Bay Club enjoys a world class location on the largest and most private stretch of Grace Bay Beach, providing an extraordinary oceanfront experience.

The 3-Night Weekend Fitness Retreat includes:

- 3 night stay (Either Studio Room or One-Bedroom Suite)
- All-inclusive healthy menu with beverages
- 4 training sessions on the beach

- Day 1, 9:00 AM – Abs, biceps & triceps on the beach
- Day 1, 2:00 PM – Lower body on the lawn
- Day 2, 9:00 AM – Shoulders, back & chest by the pool
- Day 2, 2:00 PM – Full body / cardio on the beach
- Welcome Beach Barbeque on night of arrival
- Return transfers to/from the airport
- Welcome Gift Bag
- \$50 credit to Anani Spa

Package pricing starts at \$1,900 + tax and service per person based upon double occupancy. Use the booking code YOGA to book online. [CLICK HERE TO BOOK YOUR FITNESS RETREAT NOW](#)

For more information on Courtney Paul, visit [www.cpxperience.com](http://www.cpxperience.com) or follow him on Twitter and Instagram at @mrcourtneypaul or on Facebook at [www.facebook.com/MrCourtneyPaul](http://www.facebook.com/MrCourtneyPaul). For more information on West Bay Club, please visit [www.thewestbayclub.com](http://www.thewestbayclub.com) or follow the resort on Twitter at @TCI\_WestBayClub or on Facebook at [www.facebook.com/westbayclub](http://www.facebook.com/westbayclub).

### **About Grace Bay Resorts**

Grace Bay Resorts is a boutique developer and operator of high-end, luxury resorts and branded residences, founded from its flagship property Grace Bay Club which opened in 1993 the brand has grown with an ownership stake in the management of West Bay Club and The Residences, a micro resort with exclusive luxury beachfront villas all in Turks and Caicos. Led by Mark Durliat and Nikheel Advani, the developers and hoteliers behind this renowned brand, and Michael Brewster, previous Managing Partner of Denver-based SV Capital Partners, Grace Bay Resorts provides development, branding and management expertise for luxury five-star boutique hotels and branded residences. Grace Bay Resorts is expanding its award-winning brand and services across the Caribbean destinations and Latin America, with a target of 10 properties in the next few years. [www.gracebayresorts.com](http://www.gracebayresorts.com)

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