



— Robb Report —
LUXURY NEWSWIRE

West Bay Club Hosts Wellness Weekend in May 2015

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West Bay Club, a Grace Bay Resort located on award-winning Grace Bay Beach, will host an exclusive three-night fitness retreat this Spring in partnership with Barry's Bootcamp Master Trainer Courtney Paul. Set for May 15 to 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.



Susan Magrino Agency
352 Park Avenue South, 13 FL
New York, NY 10010
212.957.3005
www.smapr.com

“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](#).

For more information on Courtney Paul, visit www.cpxperience.com or follow him on Twitter and Instagram at @mrcourtneypaul or [on Facebook](#). For more information on West Bay Club, please visit www.thewestbayclub.com or follow the resort on Twitter at @TCI_WestBayClub or [on Facebook](#).