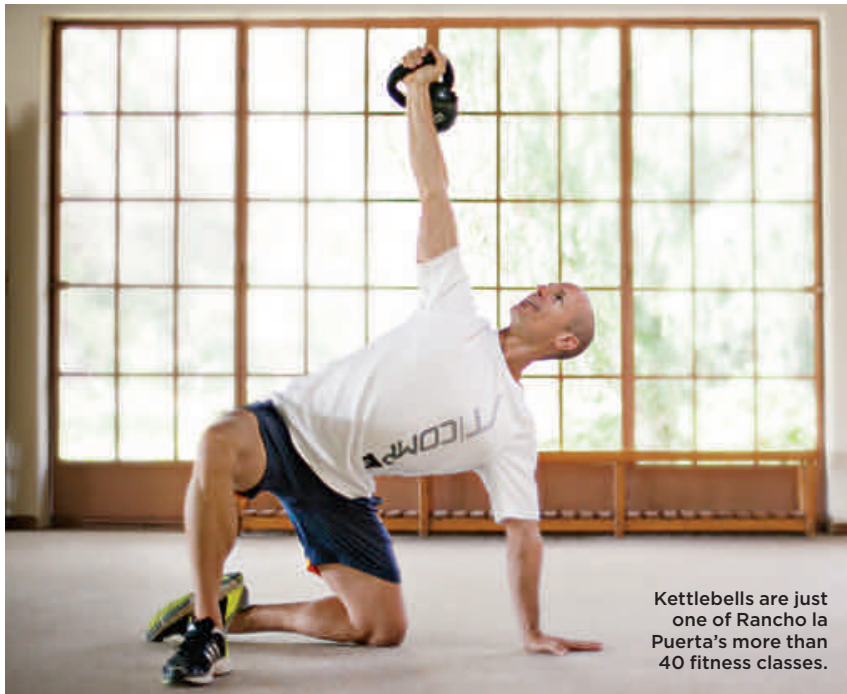


Get Fit Trips

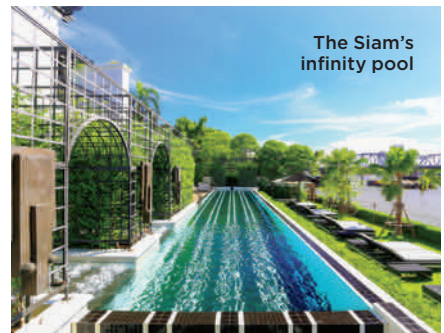
Skip the bottomless daiquiris. Here are the best retreats to help you relax, recharge, and get ripped. **by JAYME MOYE**



Kettlebells are just one of Rancho la Puerta's more than 40 fitness classes.



Rappelling off the top of St. Lucia's Pigeon Island



The Siam's infinity pool

CARIBBEAN FITNESS AND NUTRITION REBOOT

The Body Holiday, St. Lucia

In a private cove on the northwest shore of St. Lucia, the Body Holiday is a beach resort with state-of-the-art wellness programs: more than 30 daily fitness and yoga classes and a complimentary 30-minute personal training session. A team of sports physiologists and a nutritionist are on hand if you want guidance in anything from a detox diet to a total nutrition and fitness overhaul, including VO₂ max and metabolic testing. At the end of the week, you can sign up for a quadrathlon challenge: an eight-mile mountain-bike ride followed by a 2.5-mile run up to the top of Pigeon Island, a rappel down a 100-foot cliff, and then a 1.5-mile kayak paddle back to the starting point. It's as challenging as any Tough Mudder, but the reward is far more lasting than an orange headband. *From \$2,500 per week; thebodyholiday.com*

TOTAL-BODY TRANSFORMATION IN THE DESERT

Rancho la Puerta, Mexico

This 3,000-acre resort, set in the cactus-studded desert an hour south of San Diego, is a fitness paradise, with 40 miles of trails crossing from vineyards into high-desert wilderness. You have to commit to a weeklong stay and a pescatarian diet, but what you do beyond that is up to you: everything from cardio boxing and tai chi to yoga and TRX — all taught by certified instructors. “First-time guests tend to start off with too much,” says Barry Shingle, the resort’s director of guest relations. “They hit the wall by day three and realize they need to work in some spa treatments and hammock time.” Every night there are wellness presentations, or you can just relax in your private bungalow. “Between the walking, the classes, and the healthy diet, I’ve had guys lose 10 to 12 pounds,” says Shingle. *From \$3,250 per week; rancholapuerta.com*

LUXE KICKBOXING IN SOUTHEAST ASIA

The Siam, Thailand

The Siam resort, located in the heart of Bangkok, is a mash-up of cushy meditation retreat, high-end tattoo studio, and Manhattan kickboxing gym. And because it’s owned by Thailand’s Sukosol family, the country’s premier hoteliers, it has spared no expense in hiring the world’s foremost experts to walk you through your days. Each starts with 6:00 AM yoga, followed by two to three hours of training at the resort’s kickboxing ring. “Muay Thai is not only a full-body workout, but also a full-mind workout,” says Kru Yim, coach for the Thai Olympic team and the resort’s resident instructor. Afterward you can hit the spa for a 60-minute massage or head into town to watch a fight at Rajadamnern Stadium. Not into combat sports? Skip it for laps in the infinity pool or take a Thai cooking class while sampling whiskeys. The resort even has its own tattoo artist, Arjan Boo. His intricate designs are believed to be magical, bestowing mystical powers on the bearer — and after coming home from a week of fighting, and with some new ink, you’ll feel like a new person. *From \$500 per night; thesiamhotel.com*

SKILLS CAMPS FOR GROWN-UPS

Sport-specific retreats to take your game to the next level.

The Cycling House, Arizona

Six-day training camps for bikers and triathletes in the Sonoran Desert. Expect to pedal 45 to 80 fully supported miles per day, with pro tips and chef-prepared meals. *From \$1,895; thecyclinghouse.com*

Active at Altitude, Colorado

This trail-running clinic in Estes Park will help transform your gait under the tutelage of top experts. Workshops are followed by runs on the area’s 355 miles of singletrack. *From \$550; activeataltitude.com*

Swim Vacation, Hawaii

Master open-water swimming on the Big Island with this weeklong adventure, which includes two guided swim sessions per day and video analysis of your stroke. *From \$6,495; swimvacation.com*

CLOCKWISE FROM TOP LEFT: COURTESY OF RANCHO LA PUERTA; COURTESY OF THE BODY HOLIDAY; COURTESY OF THE SIAM HOTEL