

## 5 Hotels That Are Redefining the Fitness Vacation: Where to Surf, Golf, and Ice Skate This Summer

by HAYLEY PHELAN     JUNE 18, 2015



The next few months are primed for getting outside, getting moving, and getting out of the office for a well-deserved vacation. Though, sybaritic dreams of lying still on a beach for a week might not line up with your bikini season workout routine. But rather than logging hours inside the hotel gym, this summer, resorts are offering a new wave of amenities that let you ditch your at-home routine and go well beyond the treadmill. From finely tailored surf lessons in the Maldives to kickboxing in Thailand and beach-bound boot camps in Montauk (that bring the city's best trainers to you), here are five hotels that are making getting in shape feel like a real holiday.

### The Surf Lodge



Montauk, New York

City dwellers decamp here each summer to enjoy the great outdoors (sunshine, swimming, fishing, and, of course, surfing) without giving up the comforts of home—including the most sought-after classes and workouts. The Surf Lodge’s owner, **Jayma Cardoso** has translated her own devotion to health and wellness—she credits the boutique Manhattan gym S10 Training for getting her in fighting shape since having a baby last December—into a hotel highlight. Every Friday, Saturday, and Sunday this summer, guests can sign up for everything from barre to boot camp and yoga classes directly from the best trainers in the world right on the beach.

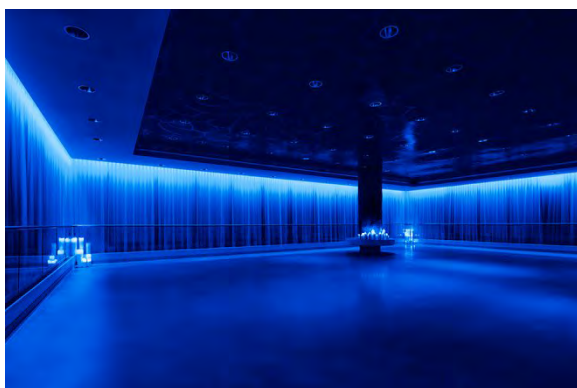
## Sri Panwa



### Phuket, Thailand

An oasis of luxury and calm that overlooks some of the most stunning views in Thailand, Sri Panwa’s serene villas are scattered throughout the resort’s lush 40 acres. But even further escape can be found within its immaculately kept, bamboo-walled kickboxing ring, where you can learn to meditatively jab, hook, and kick in one-on-one or private group lessons from Muay Thai champions.

## The Miami Beach Edition



## Miami

Mid-Beach's newest addition might just be its chicest: **Ian Schrager's** seaside space has much to keep its well-heeled patrons interested—from the white-washed lobby to the Jean-Georges Vongerichten-helmed Matador Room restaurant. And since bowling might just be fashion's newest favorite sport (see Chanel's latest campaign for Chance Eau Vive), the Miami Beach Edition is right on trend: The hotel's subterranean level boasts a four-lane bowling alley with groovy LED light shows and artist-painted balls—not to mention a fully stocked bar (since bowling isn't exactly a dry sport). In the next room, an ice-skating rink acts simultaneously as the ultimate after-sun cooldown and fitness warm-up. Skate-offs encouraged.

## → Belle Mont



## St. Kitts

A sustainable hotel that's all luxury, Belle Mont is set on a seaside organic farm, and guests staying at its sun-soaked private houses are encouraged to forage the estate's considerable—and remarkably edible—grounds, even while they golf. It's surprising how much more satisfying passion fruit or bananas are when picked straight from the tree—especially if you're under par.

## Maalifushi by COMO



## **Maldives**

The Maldives has been drawing honeymooners and nature enthusiasts to its pristine archipelago of tiny islands for the view—surfers for its world-renowned waves. Maalifushi by COMO, the first luxury hotel to open up on the Thaa Atoll, makes the most of both. Tropicsurf's camp at the Maalifushi was created not only to teach first-timers how to stand up on their boards, but also to fine-tune seasoned wave riders in technique, to have them cross stepping, nose-riding, or thrashing with unprecedented style by the end of their stay.