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January Fitness & Wellness Weekends at Enchantment Resort**Complimentary Classes Kickstart Healthy Resolutions for the New Year**

SEDONA, Ariz., (December 2014) – This January, Enchantment Resort presents a series of three-day [fitness & wellness weekends](#) for guests who want to combine inspired workouts and nutrition workshops with a relaxing weekend getaway in Sedona. The healing power and natural beauty of red rock Boynton Canyon is an ideal place to begin those new year's resolutions to live a healthier lifestyle.

Mii amo Fitness Director Danielle Fryer, RDN, CSSD, CFT, leads the daily sessions, imparting motivation and tips to help each guest find joy in a daily regime of movement and proper foods to nourish and fuel the body. Classes include strength training, Pilates, stretching, cardio, yoga and nutrition.

The program includes three daily classes, approximately 60 minutes each, on Friday and Saturday, and one Sunday morning, allowing plenty of leisure time for guests to enjoy the resort and surrounding area. All classes are complimentary for resort guests and are held at Mii amo, a destination spa. Mii amo's adult-friendly environment is for guests 16 years and older.

For more information or reservations, please visit www.enchantmentresort.com or call (888) 795-7758.

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About Enchantment Resort

Enchantment Resort, part of the [Enchantment Group](#) portfolio of award-winning properties, is situated in Sedona's breathtaking Boynton Canyon. The 70-acre resort hosts 218 guest rooms with private viewing decks boasting panoramic views of the red rock canyon. A centrally located clubhouse offers four distinct indoor and outdoor dining experiences, a seasonal pool grill, five tennis courts and a boutique. More than 100 weekly activities are available to guests, including life-affirming treatments at the world-renowned destination spa, Mii amo; golfing at Seven Canyons; and hiking, tennis, swimming and mountain biking.

About Enchantment Group

[Enchantment Group](#) focuses on developing and managing all aspects of hotels, resorts, spas and communities. Headquartered in Scottsdale, Arizona, Enchantment Group provides highly personalized branded or customized resort and spa development and management services in ways that maximize performance and return on investment. Award-winning properties managed by Enchantment Group include [Mii amo](#), [Enchantment Resort](#), and [Seven Canyons](#), all in Sedona, Arizona; and the [Tides Inn](#) and [Golden Eagle Golf Club](#) in Irvington, Virginia. Enchantment Group is part of Montreal-based [360 VOX Corporation](#), a real estate and hotel development company.