



ESPERANZA
An Auberge Resort

ESPERANZA, AN AUBERGE RESORT HOSTS ASPEN FITNESS TRAINER DIRK SCHULTZ THIS FALL

Guests Can Get Fit for the Holidays With Schultz' Training Programs October 19 – Nov. 23

CABO SAN LUCAS, MEXICO (October 19, 2011) – [Esperanza, an Auberge Resort](#), hosts personal trainer and wellness coach Dirk Schultz of the highly-acclaimed Aspen Club & Spa in Aspen, Colorado from October 19 – November 23, 2011. Certified through the esteemed American College of Sports Medicine and working as a Corrective Exercise Specialist and Wellness and Life Coach in Aspen, Schultz offers some of the highest levels of specialty training courses in the industry. With his extensive experience working with all types of clients, Schultz will assist guests, from the casual workout enthusiast to the seasoned competitor in training, in reaching their peak performance during their stay at Esperanza.

Schultz will be offering five different types of training courses at the resort this fall.

- **Personal Training:** programs designed for guests with individual needs including weight loss, strength development, post-rehab and sport-specific training.
- **TRX Suspension Training:** leverages guests' own bodyweight and gravity to develop strength, flexibility and core stability simultaneously.
- **Boot Camp:** gets the blood pumping with a variety of outdoor routines.
- **Rip Trainer:** uses a sports cord and a bar to develop muscles throughout the legs, core and upper body, burning up to three times more calories than with core exercises.
- **Wellness Coaching:** helps guests achieve their best in fitness, nutrition, stress, health and management through an extensive certification process.



Guests can enjoy a variety of complimentary group classes led by Schultz as well as private sessions for \$120.00 per hour and semi-private sessions for \$140.00 per hour. Guests can view his schedule of classes at www.esperanzaresort.com and book appointments by calling the Spa at Esperanza at 1-866-311-2226.

Esperanza encompasses a 57-room resort, 60 privately owned villas, 36 private residences, a full-service spa and a signature restaurant, located on the bluffs overlooking two private coves at Punta Ballena near Cabo San Lucas. The resort is a member of the prestigious Relais & Châteaux collection. For reservations or more information, please call toll-free 866-311-2226 or visit www.esperanzaresort.com.

About Auberge Resorts

Auberge Resorts is a collection of exceptional hotels, resorts and private clubs, each with a unique personality that assures a memorable guest experience. While Auberge Resorts nurtures the individuality of each establishment, all are characterized by a set of communal elements: intimate, understated elegance; captivating locations that inspire exceptional cuisine and spa experiences; and gracious yet unobtrusive service. Among the Auberge collection of distinctive properties are: Auberge du Soleil, Napa Valley, Calif.; Calistoga Ranch, Napa Valley, Calif.; Encantado, Santa Fe, N.M.; Esperanza, Cabo San Lucas, Mexico; The Inn at Palmetto Bluff, Bluffton, S.C.; Rancho Valencia Resort and Spa, Rancho Santa Fe, Calif.; Element 52, Telluride, Colo.; and the Aspen Club, Aspen, Colo., with several others currently in development. For more information about Auberge Resorts, please visit www.aubergeresorts.com.

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