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Method Fitness's New Fitness Retreats Combine Workouts and Luxury

Method Fitness, a New York City-based personal training and wellness company, has launched the first of its fitness retreats combining exercise, healthy diet and luxury, to be offered year-round at The Standard in South Beach Miami.

NEW YORK, NY, October 14, 2008 **/24-7PressRelease/** -- Method Fitness, a New York City-based personal training and wellness company, announced today that it has launched the first of its fitness retreats to be offered year-round in South Beach Miami. Method Fitness retreats combine the benefits of staying in shape and weight loss usually associated with fitness vacations, with the attention to luxurious pampering found at world-class spas.

The setting for the retreats is the premier resort and spa in South Beach Miami, Florida - The Standard. Described as a "city hotel that feels like it's on a tropical island" by the New York Times, and as "Miami's hottest new hotel" by Travel and Leisure magazine, The Standard provides exactly the right atmosphere and amenities for a true retreat from everyday stress, according to David Guzman, Method Fitness president and program director. "We were looking for a hotel partner that shared our commitment to overall mind and body wellness," David said. "We want our guests to return from their retreat feeling reinvigorated and refreshed, and The Standard is the perfect choice."

Guests at a Method Fitness retreat will begin with a full, individual fitness evaluation, so that the program can be personalized to address his or her needs and level of fitness. Days will typically begin with yoga or taichi outdoors on the lush, private grounds, followed by strength and core classes, bootcamp workouts, biking or kayaking, with plenty of free time for guests to take advantage of the water sports and nightlife of South Beach.

The amenities of The Standard are fully available to Method Fitness's guests, including the fully-equipped gym, waterfall hot tub and aroma steam room. Method Fitness and chefs at The Standard have also collaborated on a special menu for retreat guests, offering dozens of healthy and delicious selections, centered around entrees of high-quality, organic meats, fish and vegetables, unprocessed and grill-cooked with fresh herbs.

Method Fitness 6-night retreats include accommodations, healthy meals and snacks, daily workouts and classes led by professional instructors, complimentary massage, access to the resort's gym and hydrotherapy facilities, and free one-year enrollment in online nutrition program. For more information, visit http://www.methodfitness.com/retreats_main.php

About Method Fitness Method

Method Fitness was founded 18 years ago to provide personal health and fitness services to the New York City metropolitan area. Method Fitness offers personal training, either in-gym or in-home; fitness retreats; yoga instruction; massage; and nutritional support and guidance.