

spirit

A large, curling blue wave with a surfer riding inside the barrel. The wave is the central focus of the advertisement, with a surfer in a black wetsuit and a red surfboard riding the bottom of the barrel. The sky is cloudy and the overall color palette is dominated by blues and whites.

SOUTHWEST AIRLINES

THE OFFICIAL AIRLINE

**Think This
Looks Gnarly?
Try Doing It
At Night.**

*Plus, Other
Incredible Feats.*

Live Long and Leisure

Who says staying in shape has to be tortuous? Follow a path to a fitness-minded resort where you can stay—and play—in style.

When it comes to working out, do you seek the ultimate reward or the ultimate adventure?



REWARD

Favored indulgence: massage or glass of wine?



ADVENTURE

Chosen challenge level: high or low?



Ahhhh.



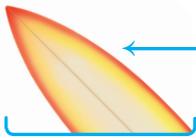
Preferred mode of transport: board or bike?



Preferred terrain: forest, coastal bluff, or beach?



It hurts!



Jump on it!



Wine not?



Hang in there!



Hut! Two, three, four.



Stretch—in the sand!

LAKE AUSTIN SPA RESORT

Airport: Austin (AUS)

Bored with squats and sit-ups? Try doing them atop a surf-style board at one of the country's top spas, also home to a host of wine-pairing events throughout the year. ABS-olutely Paddle Boarding blends the stand-up sport with core-strengthening moves, including yoga poses and Pilates exercises. The instructor promises not to laugh when you fall in. Again. lakeaustin.com

SILVERADO RESORT AND SPA

Airport: Oakland (OAK)

On the resort's newly minted Sip & Cycle tour, you'll pedal 20 to 25 miles (or 12 to 15, if your drinking shoes are more worn in than your cycling shoes) to two area wineries, with a picnic lunch in between. No worries if you're tired after the trek—settle in for a massage at Napa's largest resort spa. We'll drink to that! silveradorestort.com

NEMACOLIN WOODLANDS RESORT

Airport: Pittsburgh (PIT)

Pull your weight (literally) on the ropes course at this sprawling compound in Pennsylvania's bucolic Laurel Highlands. You'll move through nine obstacles, 40 feet up—including a wobbly log and a highwire—before careening down a 1,060-foot zip line. Kids can harness up on two small-scale versions of the thrill, as well as the new tree canopy tour. Whee!nemacolin.com

TERRANEA

Airport: Los Angeles (LAX)

Sign up for Boot Camp at this posh new resort, home to the TV show *Shedding for the Wedding*. The hour-long course takes advantage of the resort's 102 oceanfront acres, from jogging coastal paths and lunging up hills to speed and agility drills in the sand. Class ends with an abs workout at the spa, followed by an optional dip in an ice-cold plunge pool. terranea.com

ONE OCEAN RESORT HOTEL & SPA

Airport: Jacksonville (JAX)

The Jacksonville area's classiest oceanfront hotel offers an inventive roster for wellness-seekers ("mindful meditation" class, anyone?). After an instructor-led Hatha yoga session on the sand, collapse poolside and order a well-deserved *Acai of Relief*, made with Absolut Berri Açaí vodka, cranberry juice, and freshly squeezed OJ. oneoceanresort.com