

news release



Elbow Beach, Bermuda
60 South Shore Road, Paget Bermuda PG04
Telephone (441) 236-3535 Facsimile (441) 239-8917
www.mandarinoriental.com/bermuda

ELBOW BEACH NOW OFFERING FITNESS CLASSES AND PERSONAL TRAINING TO GUESTS AND LOCALS

Bermuda, November 9, 2010 – In keeping with the Mandarin Oriental commitment to community wellness, The Spa at Elbow Beach, will now be offering fitness classes and personal training at the hotel for both guests and locals through a local personal trainer.

Jenille Deveson Smith is an AAAI (American Aerobic Association International) and ISMA (International Sports Medicine Association) certified personal trainer. Having struggled with weight issues throughout her life, she has now learned how to create her own positive reality and is committed to helping others discover their fit “self.”

“This extends beyond knowing how to do a squat or pressing a weight.” says Jenille. “It is a commitment to a lifestyle change. I present both mental and physical challenges for my students.”

Fitness Bootcamp Class for guests and locals will begin at Elbow Beach on Saturday, November 13, 2010 from 8am to 9am and will be available every other Saturday in November. An additional weekly Fitness Bootcamp Class will be added to the schedule in December. The cost per person is \$30.

The class is a moderately paced low impact class for all levels. The exercises are simple, using only your body weight with variations to increase the intensity or assist those with injuries. The class is designed to burn fat, tighten and tone then release and relax the muscles.

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In addition to the Fitness Bootcamp Class, Jenille will also be available for personal training sessions. The cost per hour is \$65.

“Elbow Beach is delighted to offer these new fitness initiatives as an enhancement to our monthly complimentary wellness series.” explains Lori Kruk, Spa Director.

To register for Bootcamp Classes, get the full class schedule or book a personal training session please contact The Spa at Elbow Beach at +1 (441) 239 8900 or email ebbdspa@mohg.com. Those coming for class or personal training will meet Jenille at the spa.

About Elbow Beach, Bermuda

Elbow Beach, Bermuda is now an intimate luxury resort featuring 98 guestrooms and suites spread amongst 50 acres of lush manicured gardens that gently slope down to its signature pink sand beach. For reservations visit www.mandarinoriental.com/bermuda or call + 1(441) 236 3535.

About Mandarin Oriental Hotel Group

Mandarin Oriental Hotel Group is the award-winning owner and operator of some of the world's most prestigious hotels, resorts and residences. Mandarin Oriental now operates, or has under development, 41 hotels representing over 10,000 rooms in 27 countries, with 17 hotels in Asia, 12 in The Americas and 12 in Europe, Middle East and North Africa. In addition, the Group operates, or has under development, 13 *Residences at Mandarin Oriental*, connected to the Group's properties.

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For further information, please contact:

Sophie Dier, Director of Communications

Tel: +1 (441) 239 9363

Email: sdier@mohg.com