

The Best Workout on the Strip

SPA BELLAGIO'S STAR HAS RISEN

TO OUTSHINE ALL OTHERS.

By Shana McGough, Writer and Online Editor



Everything in Vegas is larger than life; this city of extremes strives for the biggest, brightest, best. And this is only amplified on the Strip. But the distinction of best workout on the Strip has been claimed by the newly redesigned Spa Bellagio — the only Las Vegas resort casino ever to receive the AAA Five Diamond Award.

This luxurious 65,000-square-foot spa is zen-influenced, balancing natural elements of earth (granite and shellstone), water (water walls and Watsu), fire (candles) and wind (fans) with clean, sleek features. Reflecting pools, water walls and illuminated aqua-colored glass are used throughout.

Bellagio recently completed a two-year, \$375 million Spa Tower expansion, which took the spa from 25,000 to 65,000 square feet, while the fitness center increased from 3,000 to 6,000 square feet. Spa Director Michelle Wilkos credits a coordinated effort throughout the construction phase between the design architect, spa management, and the fitness center consultant and equipment supplier (Michael Garvey with The Dumbbell Man Fitness Equipment) for a resulting facility that has creative design features, equipment variety and concern for guest safety.

Wilkos says, “The challenge was to create a facility that could handle the increased volume while maintaining our Five Diamond service standard. To that end, the spa and fitness center have been an enormous success, based on feedback from our guests. [We achieve] our level of customer service through extensive in-house training programs. We also hire outside

Facility Stats

Spa Bellagio

Las Vegas, Nev., www.bellagio.com

- Redesigned 65,000-square-foot spa opened December 2004; approximately 750 visits daily with 56 treatment rooms and an expanded salon
- New 1,000-square-foot group exercise bamboo studio for Pilates, yoga, boxing, kickboxing and circuit training classes
- New 6,000-square-foot fitness center features 300-square-foot stretch area; 46 individual TV screens; Cybex treadmills, cycles, Arc Trainers, elliptical trainers and steppers; Concept2 rower; SciFit UBE; Cybex strength machines; Iron Grip dumbbells

experts to teach us proper use of our equipment and programs, [and we] hir[e] the most knowledgeable staff who have experience, certifications and awards [in] this field.” Thus comes the basis for Spa Bellagio’s claim that its high-end fitness center gives Las Vegas-bound fitness enthusiasts the best workout on the Strip. **FOS**

To have your hotel/resort fitness center featured, send an email describing your facility to anne@fitnessmgmt.com.