

FOR IMMEDIATE RELEASE



CONTACT: [B Public Relations](mailto:B.PublicRelations@clazyu.com)
(303) 658-0605
BrieAnn Fast
brieann@bpublicrelations.net
Jordan Blakesley
jordan@bpublicrelations.net

**C LAZY U, COLORADO'S ORIGINAL LUXURY GUEST RANCH, ANNOUNCES NEW SPA MENU AT "LAZY YOU" SPA,
INCLUDING DEBUT OF FITNESS AND WELLNESS PROGRAM**

New Offerings Include Personal Training, Yoga and Guided Private Outings

DENVER – August 30, 2013 – [C Lazy U](http://www.clazyu.com), Colorado's premier luxury guest ranch getaway, is pleased to announce an expanded spa menu at its one-of-a-kind "Lazy You" Spa. The Ranch recently launched the Outlaw Fitness and Wellness program, created by health and fitness expert Tammy Reno, C Lazy U's new spa and fitness coordinator. Reno's extensive experience brings a diverse range of services to the program, and allows guests to enjoy offerings including massage, yoga, fitness training and boot camps.

Reno brings more than 13 years of industry experience to the Fitness and Wellness program. With a B.A. in Health & Fitness, an M.A. in Kinesiology, a Master of Fitness Certification, and experience owning and operating her own fitness studio for more than a decade, Reno has greatly expanded the program offerings at the "Lazy You" Spa.

"With guests' utmost wellbeing in mind, Tammy is proving to be an invaluable asset our team, and to the new Outlaw Fitness and Wellness program. We couldn't be happier with the level of expertise, care and dedication she has contributed to the "Lazy You" Spa, and the health offerings we provide our guests, in her short time here," said general manager David Craig.

The recently launched Outlaw Fitness and Wellness program offers guests 60-minute yoga classes, personal training sessions and fitness classes during their stays. All fitness levels and ages are welcome, as the programs can be tailored to each guest's taste and fitness level; additionally, programs often incorporate use of the Ranch's natural surroundings, as well as area activities such as hiking and mountain biking. The wellness sessions are designed to rejuvenate mind, body and spirit as guests retreat from everyday life, and complement the traditional ranch stay through stretching and guided fitness regimens. The renovated state-of-the-art fitness center, located in the Patio House, enhances the Outlaw Fitness and Wellness program experience, and provides a convenient meeting place for guests 24 hours a day.

The "Lazy You" Spa features newly renovated tented treatment rooms, as well as shower and locker room facilities, all nestled alongside the banks of tranquil Willow Creek. Treatment tents overlooking the flowing water provide the ultimate in western relaxation and the ideal way to unwind after a day enjoying activities at the Ranch.

C Lazy U features a collection of 43 rustically-elegant cabin accommodations, fine dining, the full-service "Lazy You" Spa, and 8,500 acres of adventurous activities. No matter the season, guests are never short of experiences, most of which are included within the price of their stays.

About C Lazy U

Known for its "Five Spur Service," C Lazy U is Colorado's premier luxury guest ranch getaway. Located in Grand County and easily accessible from Denver, C Lazy U is one of the few remaining places where guests can experience a vacation far from the stresses of everyday life and filled with the rich traditions of the American West. C Lazy U features a collection of 43 rustically-elegant cabin accommodations, fine dining, a full-service "Lazy You" spa, and 8,500 acres of adventure. Limitless family activities include horseback riding, a second-to-none children's program, swimming, tennis, bicycling, hiking, fishing, hunting, yoga, a zip line and ropes course, trap shooting, archery, Snowcat excursions and skiing, sledding, snow tubing, ice hockey and skating on a Zamboni-groomed pond, snowmobiling, snowshoeing, cross-country skiing and more. For those who visit C Lazy U and never want to leave, private ownership opportunities are also available. For additional information, visit www.clazyu.com, or call (970) 887-3344.

###