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Dance Your Way into Shape at Doral Golf Resort & Spa, a Marriott Resort

Spa at Doral's Dance Classes Create Bathing-Suit-Ready Bodies, Reduce Stress, Lowers Blood Pressure & Reduces Risk of Alzheimer's Disease

To Celebrate New Pilates & Gyrotonic Services Guests Receive 20% Off Sessions Through End of August

MIAMI – July X, 2007 – Dancing is a unique form of exercise that is good for the body and mind, providing heart-healthy benefits of aerobic activity combined with the mental stimulation of engaging in a social activity. With the rise of popular dance-inspired television shows such as “Dancing with the Stars” and “So You Think You Can Dance,” moving to the beat is the hottest activity this summer and the most stimulating form of exercise. The immense health benefits, coupled with the TV dance craze, have sparked a *Dance Your Way Into Shape* program at Doral Golf Resort & Spa, a Marriott Resort. To motivate bodies to get in shape for Florida's eternal bathing suit season, this Miami resort is offering a unique way to cinch waists and stimulate the mind by promoting a series of dance classes.

The award-winning Spa at Doral designed innovative dance classes to get spa-goers twisting and turning to shed unwanted weight. Led by a former Broadway dancer, *Caliente* is a “hot” way to stay in shape as the rhythm elements of Latin, funk/hip-hop, Afro Caribbean and Jazz are combined to help guests feel the beat while moving their feet. *Step Kick & Jam* combines dance and cardio kickboxing routines, offering the best workout while learning some fancy footwork. Offered year-round, both 45-minute classes are intended to help guests get down to their ideal size while learning all the right moves for Miami's hottest night spots.

One 21-year study published in the New England Journal of Medicine found that dancing can reduce the risk of Alzheimer's disease and other forms of dementia in the elderly. There are numerous health benefits to dancing as it is known to lower the risk of coronary heart disease; decrease blood pressure; reduce stress; strengthen leg and hip bones; increase muscle tone, coordination and energy; as well as improve strength.*

Along with these energetic classes, the premier resort is proud to announce a new Pilates studio offering group and individual classic Pilates courses, featuring top of the line Gratz equipment. For those looking to get a high-caliber workout while increasing flexibility and strength, the studio also offers Gyrotonic® services which is one of the latest new exercise regimen in the wellness industry today. To celebrate these new classes, guests will receive 20% off sessions now through August 31, 2007.* Rates for the 60-minute course range from \$65-\$150 per person.

Recently voted Best Spa of 2007 by The Miami Herald, the highly acclaimed Spa at Doral offers more than 100 spa services, 52 treatment rooms, an on-site registered dietician/nutritionist and state-of-the-art exercise center. The Atrium Restaurant at the spa resort serves health-conscious cuisine in a relaxed open-air setting. Doral Golf Resort & Spa, a Marriott Resort is the ideal location to jumpstart travelers on the path towards a healthier lifestyle.

For reservations or additional information, please call (800) 71-DORAL or visit www.doralresort.com.

Situated on 650 tropical acres, the award-winning Doral Golf Resort & Spa, a Marriott Resort is one of Miami's premier resorts. All 693 luxuriously-appointed accommodations, including 96 suites, boast individual balconies/patios, guest-controlled air conditioning, direct-dial telephone with two-lines for high-speed Internet or fax access, electronic safes with rechargeable capabilities for your laptop, and more. Featuring five 18-hole championship golf courses, including the famed Blue Monster, the Doral is continuously ranked one of the country's leading golf destinations. The European inspired Spa at Doral offers guests more than 100 spa services, 52 treatment rooms, an on-site registered dietician/nutritionist and state-of-the-art exercise center. With over 90,000 square-feet of flexible meeting and function space Doral Golf Resort & Spa is the perfect location for corporate events, meetings, elaborate receptions and unforgettable social events. For dining, guests can choose from five delectable restaurants including Windows on the Green, The Atrium, Terrazza Restaurant and Café, Champions Bar & Grill and Bungalou's Bar & Grill. Located only seven miles from Miami International Airport, the hotel also features the acclaimed Arthur Ashe Tennis Center, Jim McLean Golf Center, The Blue Lagoon aquatic recreation area and nine retail shops.

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*According to National Heart, Lung and Blood Institute (NHLBI) and Mayo Clinic.

**Special offer does not include tax or gratuity and reservations must be made in advance.