

FOR IMMEDIATE RELEASE

**\*\*\* MEDIA ALERT \*\*\***

**GETAWAY TO GET FIT: WILLOWS LODGE HOSTS FLYGIRL  
FITCATION WITH CERTIFIED PERSONAL TRAINER**

*Traci Barnum-Bartee and Willows Lodge offer a custom athletic weekend of FlyFitness classes, life coaching sessions, yoga and wine tasting*

**WHO:** Willows Lodge, a Northwest retreat in the heart of Woodinville Wine Country, and FlyFitness, a Seattle-based fitness company operated by certified Aerobics and Fitness Association of America trainer, Traci Barnum-Bartee.

**WHAT:** Willows Lodge hosts **FlyGirl FitCation**, a custom athletic weekend with Traci Barnum-Bartee of FlyFitness.

**WHEN:** Saturday, September 19 – Sunday, September 20, 2009

**WHERE:** Willows Lodge  
14580 NE 145<sup>th</sup> Street  
Woodinville, WA 98072

**DETAILS:** The FlyGirl FitCation is offered as a 2-day Fitness Field Trip, where Traci Barnum-Bartee will lead participants through a series of physical training sessions including a FlyBody Fusion (a fusion of yoga, Pilates and traditional sculpting exercises), followed by downtime featuring a life coach session with Erin Baebler of The Magnolia Work Shop ([www.magnoliaworkshop.com](http://www.magnoliaworkshop.com)), and dinner provided by the award-winning Barking Frog restaurant. After dinner, guests will be transported to an evening of yoga (taught by Stephanie Greco) and wine tasting at Alexandria Nicole Cellars ([www.alexandrianicolecellars.com](http://www.alexandrianicolecellars.com)).

Located on five landscaped acres bordering the Sammamish River in the heart of Woodinville Wine Country, Willows lodge offers the ideal venue to getaway and get in shape. The property includes Barking Frog, a casual bistro known for its American regional cuisine with Pacific Northwest influences. The menu consists of simple entrées prepared with Executive Chef Bobby Moore's characteristic European flair and an extensive Northwest wine collection. Fireside Cellars, one of the Eastside's premier gathering places for Happier Hour, offering a casual atmosphere tucked away in the lobby by the massive fireplace, an outdoor patio and fire pit overlooking the expansive surrounding landscape.

Barnum-Bartee is an Aerobics and Fitness Association of America (AFAA) certified trainer and holds specialty certifications with The TRX Training System

and is a certified spinning instructor through Greg LeMond's Fitness Academy. She is also an ambassador to lululemon athletica and MBT. Barnum-Bartee was named Top Seattle Trainer by *Allure Magazine* in 2008 and she developed her FlyFitness classes to be innovative, spontaneous, diverse and fun.

**Sample FlyGirl FitCation itinerary includes:**

**DAY 1**

- 8:30 a.m. – Meet at Willows Lodge, drop off bags, morning snack
- 9-10 a.m. – Power Up the Pipeline (60-minute group power walk along on the Burke-Gilman Trail)
- 10-11 a.m. – FlyBody Sculpt class (full body workout designed to define and work every muscle) outside at Willows Lodge
- 11:15 a.m.-12:45 p.m. – Life coach session outside at Willows Lodge
- 1 p.m. – Lunch provided by Barking Frog
- 2-4 p.m. – Free time to rest, spa, journal, bike, etc.
- 4-5 p.m. – FlyWheels, a sixty minute spin class, or Cardio Circuit
- 5:30-6:30 p.m. –Dinner provided by Barking Frog
- 7:45-10:00 p.m. – Vinyasa Yoga at Alexandria Nicole Cellars with Stephanie Greco, followed by wine tasting and dessert

**DAY 2**

- 7 a.m. – Coffee, tea and morning snacks
- 8-9 a.m. – Power Up the Pipeline (60-minute group power walk along on the Burke-Gilman Trail)
- 9-10 a.m. – FlyFusion Sculpt (mat class fusing yoga, Pilates and traditional strength training exercises)
- 10-11 a.m. – Breakfast provided by Barking Frog
- 12 p.m. – Check-out of Willows Lodge

**The FlyGirl FitCation is \$370 based on double occupancy for participation in the complete two-day weekend and includes overnight accommodations at Willows Lodge, all meals, an “I am Superfly” t-shirt and “Booty Bag” filled with products from lululemon athletica, Decleor and more.** Space is limited. To make a reservation or to view a complete FlyGirl Fitcation itinerary, please visit [www.willowslodge.com](http://www.willowslodge.com). For additional course information or background on Traci Barnum-Bartee, please visit [www.wearesuperfly.com](http://www.wearesuperfly.com).

Willows Lodge, a Northwest style lodge located in Woodinville Wine Country just outside of Seattle, features 84 luxury guestrooms, a full-service spa and high-tech equipped meeting space. Executive Chef Bobby Moore’s American regional cuisine at Barking Frog reflects the seasonal and organic produce found in Puget Sound, and is artfully paired with an extensive list of Washington wines. Willows Lodge also boasts Fireside Cellars, offering a casual and sophisticated atmosphere tucked away in the lobby with an outdoor patio overlooking the expansive surrounding landscape. [www.willowslodge.com](http://www.willowslodge.com).

Woodinville-based, Willows Lodge, is managed by MTM Luxury Lodging, operating the Northwest’s premier collection of boutique hotels. Among its other exquisite properties in the Northwest are Cave B Inn at SageCliffe (Quincy); Hotel 1000 (downtown Seattle); Willows Lodge (Woodinville); and Woodmark Hotel, Yacht Club & Spa (Kirkland). Other MTM luxury properties

from coast to coast include The Liberty Hotel (Boston) and Bardessono (Napa Valley). Without exception, MTM managed hotels are among the very best in the markets they serve.

[www.mtmluxurylodging.com](http://www.mtmluxurylodging.com)

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