

HOTEL CHECKIN


A road warrior's guide to the lodging landscape

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Gloria Estefan hotel's get-fit boot camps

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At a time when lodgings are trying most everything to keep occupancy high -- from free extra nights to cooking classes -- the Florida resort owned by Gloria and Emilio Estefan has a strategy to boost the bottom line for it and its guests.

Costa d'Este Beach resort, about two hours north of Palm Beach, is kicking off a round of "About Face Boot Camps," with trainers Steve and Bonnie Pfister. Steve has been seen on ABC-TV's *Fat March* and is due to appear on Country Music Television's *Bridal Bootcamp*.

These three-day, two-night seminars include all sorts of body workouts, from "extreme abs" to "butt camp." And there are seminars on healthy eating and living. Dates are April 16-18; June 18-20; Sept. 17-19. Rates start at \$499 a person, double; \$599 single. Visit costadeste.com for more info.

Meanwhile, if you want to read more about Gloria and husband Emilio's resort, check out my story [here](#). --**Kitty Bean Yancey**