

## 12 Incredibly Inspiring Fitness Retreats for Your Bucket List

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If you're like most people, a typical week of exercise might include a couple of trips to the gym, a yoga class, a walk during your lunch hour or maybe a jog around your neighborhood—and there's absolutely nothing wrong with that. But every now and then, when your regular routine starts feeling a little stale, you may start to wonder what's out there beyond your neighborhood, office or spin studio. Wouldn't it be nice if you could take a break from the same-old, same-old for a few days and embark on a fitness field trip?

Even if you don't have the time or budget right now for a feel-good getaway, you can still live vicariously via a little online daydreaming. Let's explore a dozen of the most invigorating and inspiring retreats that strike the perfect balance between inner peace and butt-kicking workouts.

### **Shore Lodge McCall, Idaho**

Inspired by the mountain landscape, the glacier-carved Payette Lake and the spirit of adventure shown by those who live and travel to the region for rest and recreation, The Cove, Idaho's premier award-winning spa, offers outdoor enthusiasts and wellness seekers an authentic respite. Nature-based massages, body treatments and indoor/outdoor saltwater immersion pools offer active explorers a space to unplug and be one with their surroundings.



Image courtesy of [Shore Lodge](#)