

A Snob's Guide to Fitness Spas

These retreats give you a potent combo of intense physical workouts, science-based treatments, and a big dollop of coddling.

JEN MURPHY PUBLISHED: JUL 18, 2024



If exercise is the true fountain of youth, these properties shine with their vast selection of fitness classes, sports, and hiking trails, all supported by healthful meals and a menu of massages and body treatments.

Rancho la Puerta

Mexico



A nice nook to come home to after hiking the hills around Rancho La Puerta.

The tents of this 4,000-acre “health camp” founded in 1940 in the mountains of Baja California have been replaced by 86 casitas (and new palatial residences), but Rancho La Puerta's formula remains: transformation through vigorous exercise, healthy food, and the great outdoors. There are five fitness classes offered every hour, 325 instructor-led activities each week, and a multitude of spa treatments, cooking classes, and more. The return rate is 60 percent.