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For Immediate Release

Hilton Sandestin Beach Golf Resort & Spa Hires New Personal Trainer at Serenity by the sea Spa

WHO: Hilton Sandestin Beach Golf Resort & Spa – Northwest Florida’s largest full-service beachfront resort

WHAT: Hilton Sandestin Beach Golf Resort & Spa has announced the appointment of **Janice Harris** as personal trainer at Serenity by the sea Spa. A fitness and wellness professional for more than 10 years, Harris joins the Serenity team with extensive certification in nutrition, sports medicine, holistic life coaching and more.

In addition, Harris is certified in ELDOA, an innovative form of exercise developed to improve blood flow through specific postures. With her ELDOA certification, guests will now have access to advanced corrective exercises at Serenity.

Before stepping into her new position, Harris was a personal trainer and Pilates reformer at Holland Health & YMCA in Oklahoma. Prior to that, she was the owner and instructor at Balance Pilates & Wellness Studio.

WHEN: Harris joined the Serenity team January 2019.

WHERE: Serenity by the sea Spa is located in the beachfront Hilton Sandestin Beach Golf Resort & Spa along Northwest Florida’s Gulf coast. The spa features 14,500 square feet of relaxing and upscale serenity where guests may enjoy a multitude of services and amenities designed to meet all their wellness and fitness needs.

For appointments, call (850) 622-9595 or book online at www.SerenitybytheseaSpa.com.

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About Hilton Sandestin Beach Golf Resort & Spa

Hilton Sandestin Beach Golf Resort & Spa, managed by Sandcastle Resorts & Hotels, is located on the sugar-white sands and emerald-green waters of Northwest Florida’s Gulf Coast near Destin in South Walton, Fla. Northwest Florida’s largest full-service beachfront resort hotel boasts 602 spacious accommodations, more than 40,000 square feet of award-winning meeting space, a world-class spa

and state-of-the-art fitness center, six on-site dining venues – including the Emerald Coast’s only AAA Four-Diamond steakhouse – abundant resort recreation options, access to championship golf courses, and close proximity to the area’s best attractions. A place where moments become memories that last a lifetime, there is only one Hilton Sandestin Beach. For more information on the premier hotel, visit HiltonSandestinBeach.com, or stay up-to-date with its latest news and promotions on its [Facebook](#), [Twitter](#) or [Instagram](#).