



LAKE AUSTIN  
SPA RESORT

## Fitness *Internship Guidelines*

*Lake Austin Spa Resort  
1705 S. Quinlan Park Rd  
Austin, TX 78732  
512-372-7300*

### **Lake Austin Spa Resort**

We are a . . . Destination Spa

- 40 Rooms
- Guests stay in the resort and use their Spa & Fitness Allowance to utilize spa services and personal consultations with our Activities staff
- Co-Ed facility, predominately female ages 35-55, youngest age allowed is 14

### **Awards**

- # 1 Destination Spa – North America, *Condé Nast Traveler Reader's Choice Awards 2008*
- # 2 Destination Spa – North America, *Condé Nast Traveler Reader's Choice Awards 2007*
- Top 5 Spa, *Zagat Survey 2007, 2006, 2005, 2004 and 2003*
- Top 15 Spa, *Travel + Leisure World's Best Awards 2007, 2006 and 2005*
- Top 10 Spa, *Celebrated Living Magazine 2007 and 2006*
- Top spa in six categories, *Spa Finder 2007*

### **Activities Department Overview**

Activities:

- Outdoor
  - Hill Country Hikes, Kayaking, Sculling, Hydro Bikes, Boat Cruises, Morning Walks
- Traditional Fitness
  - Spinning®, Circuit Weights, Body Sculpting, BOSU, Stretch, Water Aerobics, Cardio classes
- Mind & Body
  - Nia, Pilates, Yoga, T'ai Chi and Meditation

Staff:

- 250 total employees at LASR
- 10 Full-time Activities staff
- 30 Full and part-time Activities staff
- Approximately 20 activity classes per day

- Certifications: ACSM, ACE, AFAA, CIAR, Pilates, Yoga, Reebok®, Nia, Spinning®
- Guest Instructors: Reebok Master Trainers, Chefs, Authors, Olympic Athletes, and more specialty instructors

### **Internship Benefits:**

- Spa Discounts
- Access to all classes and lectures
- Cooking school, famous authors, guest instructors
- Beautiful environment
- Access to our newly renovated Training Room with new Cybex equipment overlooking the lake

### **Everyday Assignments**

- Participate and assist in classes
- Assist with in-house marketing efforts
- Help to plan and create new programs
- Learn about scheduling
- Learn from very seasoned instructors and guest instructors from all over the US
- Participate in other departments
- Work with a wide variety of people at all fitness levels

### **As an intern you will be expected to:**

- Attend the Resort orientation and customer service training
- Develop an understanding of a destination spa
- Meet general expectations of all LASR employees
- Meet specific expectations for Activities staff
- Complete a major project, of your choice, that will leave a lasting impact on the Activities Department
- Facilitate at least one continuing education class for the Activities staff
- Meet any school requirements
- Provide proof of your school's student workers compensation insurance

### **Days/Week, hours:**

- 3-5 days per week – 1 weekend day (Saturday or Sunday)
  - (Minimum 3 days per week)
- 40 hours weekly – 8.5 hour days
- Everyday is different, new challenges, new guests

### **Non-paid**

- This is a non-paid internship

### **Housing**

- Housing is not provided. You must have your own housing in the Austin area.

**Contact Information**

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