

FOR IMMEDIATE RELEASE

FOR: Domaine Carneros
1240 Duhig Road
Napa, CA 94559
707.257.0101
Domainecarneros.com

FOR MORE INFORMATION:
C. Milan Communications
Charlotte Milan
415.392.6600
charlotte@cmilancomm.com

DOMAINE CARNEROS ANNOUNCES ITS NEW “BRUT-CAMP”

Get Fit-Napa Style!

(Napa Valley, Calif.—May 18, 2015)— Are you tiring from your fitness routine and dragging yourself to the gym – endless loops on the treadmill, spinning, Zumba class? Then it’s time to get out of the ‘big box’ and head to Napa’s Domaine Carneros for a more inspiring workout. Push yourself harder and relax... with Domaine Carneros’ new “**Brut-camp**,” an all-out blended experience that combines the rewards of a rigorous workout with a healthy dose of post-workout recovery.



No gym required, jump start your day in Napa with this custom tailored, al fresco workout that is anything but basic training. The heart pumping one-hour “**Brut-camp**” – designed and led by certified personal trainers Jeremy Cheung and Nat Viranond – takes advantage of the spectacular natural setting including the château’s grand staircase, terraces, organic vineyards and gorgeous gardens.

Reap the rewards of this energizing, revitalizing circuit with an “only in wine country” twist by kicking things off with the **First Flight**, a series of dynamic stretching using the winery’s staircase and crush pad that quickly transitions to three circuits focusing on explosive movement, strength and high intensity interval training.

Circuit one, the **Crush**, is heart-pumping explosive movements interspersing ball slams with high speed, heavy rope drills that crank up to circuit two, the **Reserve**, a strength training series using your body’s resistance for squats, chest press and TRX standing rows. The ‘finisher’ and

final circuit is the massive **Magnum**, high intensive interval training including vine sprints and core work.

At last, the **Sparkling Cool-Down**, a series of mobility and conditioning drills that seamlessly transition to a walk through the estate vineyards followed by your post-workout recovery, a guided tasting of three Domaine Carneros estate sparkling wines paired with seasonal super foods.

So gather your group and get outside to run, lift, jump, play - what better backdrop than Domaine Carneros to exercise, boost energy and enjoy the best bubbles.

About Domaine Carneros “Brut-camp”

The winery workout is by appointment only, Monday-Friday, for groups of six, priced at \$175 per person. Price includes the certified personal trainer-led workout, vineyard tour and sparkling wine pairings. For more information or to make a reservation, please contact Stacey Meyer at 707.257.0101 ext. 122 or smeyer@domainecarneros.com.

About Domaine Carneros

Founded in 1987 by Champagne leader Claude Taittinger, Domaine Carneros produces notable sparkling wine and Pinot Noir from California’s Carneros appellation. The Domaine Carneros Château and Terrace are open to visitors for tours and tastings from 10:00 a.m. - 6:00 p.m. daily. For more information, please call 800.716.2788 or visit www.domainecarneros.com.

###

**FOR MORE INFORMATION OR TO SET UP A MEDIA VISIT,
PLEASE CONTACT C. MILAN COMMUNICATIONS AT 415-392-6600.**