



News Release

Benchmark Hospitality International Appoints Phylice Kessler Fitness Director for Bonaventure Resort & Spa

A Benchmark Resort

The Woodlands (Houston), Texas, November 2013 ... Benchmark Hospitality International, a leading U.S.-based hospitality management company, has appointed Phylice Kessler fitness director for Bonaventure Resort & Spa, a Benchmark Resort® located in Fort Lauderdale. Charles Reece, general manager for the property, made the announcement.

“We welcome Phylice to Bonaventure Resort & Spa,” said Mr. Reece. “She comes with vast experience in Fitness and Yoga as well as important knowledge of our market.” Reece continued with, “Phylice has a tremendous reputation for challenging, dynamic, and uplifting classes, infused with motivation and inspiration to create an overall experience. We’re so pleased she has joined Alaya Spa’s management team.”

Phylice Kessler has been an acclaimed yoga instructor and fitness professional in South Florida for over 20 years. She is known for blending her academic background in wellness with her unique personal style of teaching and training to empower guests’ bodies, engage their minds, and evolve their life skills. Ms. Kessler was previously manager for The Studio at Daniel David’s Spa, located in Weston, Florida.

Ms. Kessler received her Master’s degree in Mental Health from Nova Southeastern University and her Bachelor’s degree from the University of Florida. She resides in Weston, Florida.

About Bonaventure Resort & Spa

Situated in the heart of the affluent neighborhood of Weston, Florida, Bonaventure Resort & Spa delivers an unparalleled resort experience that offers guests well-appointed accommodations, gourmet culinary options and a world-class spa. The AAA Four Diamond Resort, which became part of Benchmark Hospitality International's portfolio of hotels and resorts in September 2012, features 500 spacious guestrooms and suites, four swimming pools, fitness center, full service spa, two championship PGA golf courses and multiple dining options, including the acclaimed AAA Four Diamond Ireland's Steakhouse. Conveniently located just west of Greater Fort Lauderdale, the resort is just a short drive from Fort Lauderdale International Airport and offers guests easy access to area attractions including the nearby beaches, Florida Everglades eco-adventures, Sawgrass Mills Mall, the Bank Atlantic BB&T Center and nearby beaches. For

more information or reservations, please visit www.BonaventureResortandSpa.com, “Like” us on Facebook at or follow us on Twitter [@BonaventureFL](https://twitter.com/BonaventureFL).

About Benchmark Resorts & Hotels®

Benchmark Resorts & Hotels® represents the finest in lodging, dining, recreational and meeting accommodations. Many are certified by the International Association of Conference Centers, the leading professional organization governing the multi-billion dollar conference center industry on five continents, and many have also been recognized with the coveted Benchmark Conference Centers® certification of meeting excellence. Benchmark Resorts & Hotels deliver highly specialized service that anticipates guests’ needs and ensures a hospitality experience unsurpassed and long remembered. www.benchmarkresortsandhotels.com. To become a fan on Facebook, visit www.facebook.com/BenchmarkResortsandHotels, or follow us on Twitter at [www.twitter.com/BenchmarkHotels](https://twitter.com/BenchmarkHotels).



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