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Kingston Resorts Renovates Sport & Health Club

MYRTLE BEACH, SC – (January 3, 2011) – Kingston Resorts, including Kingston Plantation and Kingston Shores in Myrtle Beach, has recently completed the first phase of its renovation to its 50,000-square-foot Sport & Health Club. The renovation included the addition of new equipment, reconfiguring of space, an upgraded fitness center, and the renovation of retail space offering guests a more complete experience.

The Sport & Health Club is open to the public, guests of the two resorts as well as homeowners. The facility offers a wide assortment of recreational activities including an indoor pool, three racquetball courts, sauna, whirlpool, four clay and five hard-surface tennis courts, and state-of-the-art exercise equipment. The club also offers two outdoor sand volleyball courts, a bocce ball court and fitness classes in aerobics, weight training and yoga.

The renovations are focused on bringing new state-of-the-art equipment to the facility and updating the physical space. The Cardio Room has been fully upgraded with new Matrix equipment that includes treadmills, elliptical machines, recumbent bikes and upright bikes. The Free Weight Room has been outfitted with all new Matrix free-weight equipment.

The front desk, retail shop and lobby areas have also been renovated including the addition of a new coffee shop, Caffeinated Fish, that features Starbucks coffee.

“We want our guests to enjoy the finest fitness club in Myrtle Beach,” said Bob Barenberg, managing director/general manager of Kingston Resorts. “This is just one of many upgrades we are making to

the resort that will enhance our guests' experiences. Others include the addition of an on-site jewelry store and The Royale Day Spa.”

Kingston Plantation and Kingston Shores are owned by FelCor Lodging Trust, Inc. The resorts, which include hotels, condominiums, townhomes and villas, are located along the famous Grand Strand in Myrtle Beach. Guests at both properties enjoy access to recreational facilities including a 50,000 square-foot Sport & Health Club, Splash!, an oceanfront waterpark and lazy river, Rees Jones-designed Arcadian Shores Golf Course, and a host of seasonal activities for adults and children. For more information, call 800-876-0010 or visit kingstonplantation.com or kingstonshores.com.

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