

TRAVEL

Wednesday's Travel News and Tips

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By ELAINE GLUSAC

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Our weekday morning digest that includes consumer news, deals, tips and anything else that travelers may want to know.

FITNESS GETS A LIVE SOUNDTRACK AT AN AUSTIN RESORT

Importing the city's renowned musical talent to spa sessions, [Lake Austin Spa Resort](#) recently introduced Rhythm and Moves, a new series of special weeks during which fitness, meditation, [yoga](#) and even cooking classes will be set to live music.

"Music is a great motivator, and it makes people want to move," said Robbie Hudson, director of programming at the resort. "That feeds the musicians, which energizes everyone."

The next event, scheduled for June 22 to 27, includes a yoga class accompanied by a classical guitarist and cardio and spin classes with live drumming. The singer and songwriter Michael Fracasso will follow a cooking demonstration with a performance. In August, Sara Hickman, a former Official State Musician of Texas, will cook and play.

Future musical dates include July 20 to 26, Aug. 17 to 23 and Sept. 21 to 27. Rates at the 40-room resort start at \$1,720 a person, double occupancy for three nights.



Lake Austin Spa Resort.