

# Forbes

APR 26, 2017 @ 10:00 PM 512

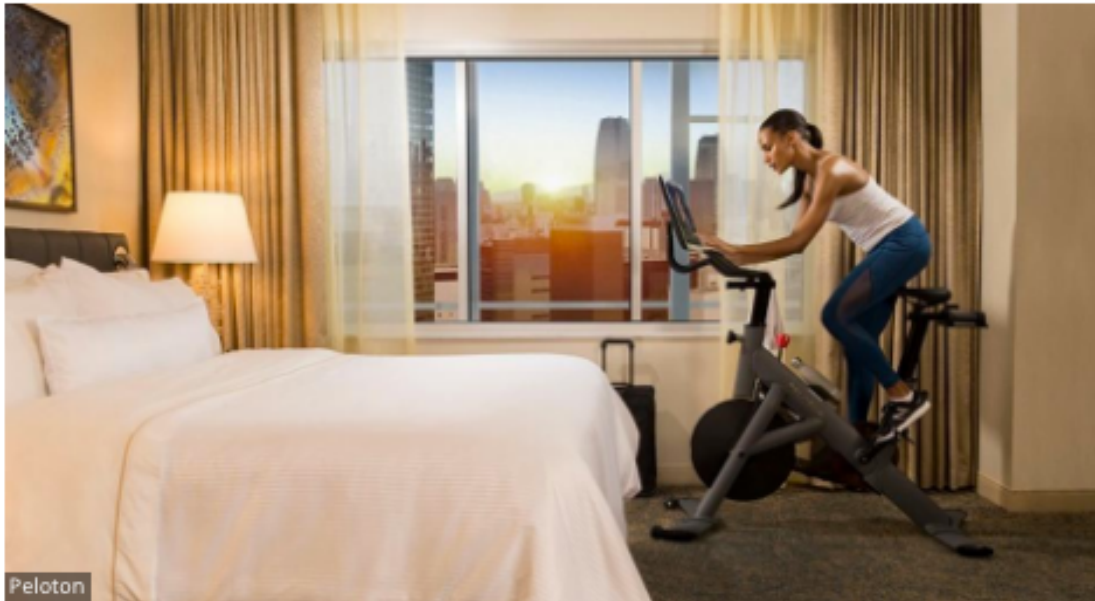
## Travelers: Your Hotel Workout & Fitness Options Just Got Much Better



**Allison Olmsted**, CONTRIBUTOR

*As The Gear Diva, I bring function and style to active women's lives* [FULL BIO](#) ▾

Opinions expressed by Forbes Contributors are their own.



Westin hotel room, Peloton workout included!

In recent years the major hotel chains have been making big improvements in their fitness offerings, and that's good news for anyone who travels and likes to stay active and get a good workout on the road. Not so long ago, for many active travelers, choosing where to stay was as simple as seeing whether the hotel had a fitness center or not. Now the hospitality industry has moved beyond that with more choices and more sophisticated options.

Few brands have done as much for traveling exercise junkies as Westin Hotels & Resorts. The chain was one of the first to begin branding and standardizing its upscale special amenities, from Heavenly Beds to Heavenly Baths. For unplanned workouts, missed connections or simply those traveling light, they launched Westin Gear Lending with New Balance, which provides a full kit of freshly laundered workout clothes and sneakers for just five dollars. Run Westin is another brand fitness initiative and partnership with New

Balance that provides scenic three and five-mile running routes through the hotel's destination, be it in the city, on the beach or in rural areas. Select locations offer group runs for all ability levels led by a Run Concierge. The chain added its Super Foods Rx healthier menu as well as a juice bar menu, the Westin Fresh By The Juicery.

Today Westin announced its latest fitness upgrade for travelers - and it's a biggie. The brand partnered with Peloton, the innovative and very popular company that brought expertly led, studio quality, group cycling classes into the home for individual consumers with high-tech interactive bikes. This first-of-its-kind partnership offers hotel guests access to the newest Peloton commercial-grade bike in select guest rooms and WestinWORKOUT fitness studios throughout the United States.

I put the Peloton bike in my [Valentine's Day Gift Guide for cyclists](#) and my husband and I have one at home. It's pretty awesome and while I used to go to spinning classes, I now get a better workout at home, on my schedule, without a commute. It's a commercial-quality flywheel-style fitness studio bike, except it's better than the ones most health clubs have. The resistance is digital and precisely adjusted on a scale of 1-100, unlike many such bikes with a vague "half turn to the right." It also measures cadence, energy output, calories burned, distance and much more and tracks it so you can compare rides and effort. A large HD monitor mounted above the handlebars streams classes from the brick and mortar Pelton studio in New York, and you can choose from a staggering array of "live" instructor-led cycling classes, of many different lengths, musical genres and intensities. You can remotely participate in live classes in real time, up to 14 different ones a day, or simply stream a download from the nearly 5,000 archived on-demand options. No gym can offer a range of class options this broad, and whether it is in your hotel room or the 24/7 fitness center, you can literally take a high-quality, high-output class whenever you want. It's also a great way to demo a Peloton if you are considering buying one for your home.

There is no one piece of workout gear I'd rather have at my disposal in a hotel than a [Peloton cycle](#), as I know I can get an excellent workout perfectly suited to my needs and timeframe without having to re-learn anything about the machine. The initial rollout has put Peloton bikes in the fitness centers at 30 Westin hotels, including Austin, Detroit, Denver, New York City, Palo Alto, Philadelphia, San

Francisco, San Diego and Seattle. The in-room bikes are offered in select hotels including Chicago, Dallas, Houston, Kansas City, Los Angeles and Boston. Westin has a [special webpage with more information on participating hotels](#).

Other hotels that offer [great fitness options, which I previously wrote about](#) in this column, include those in the Triumph Hotel group, which has one of the most creative programs. This collection of several Manhattan properties partnered with flexible fitness class specialist FitReserve to offer guests a choice of classes at some of the top studios in the city across a very wide range of pursuits, from Pilates and different kinds of yoga to barre, spinning, rowing, CrossFit, and boot camp. It's like a temporary membership for travelers at the city's best clubs.

I also covered the [growing trend of hotel chains having a yoga focus](#). For instance, Kimpton provides yoga mats as a standard amenity in all of its 65-plus hotels across the country, along with a complimentary "Roll Out" service that offers extra towels, water, fruit, and on-demand fitness TV programming, all in your room. Omni Hotels lends guests a "Get Fit Kit" with yoga mat, weights, a muscle therapy foam roller and push-up bars. InterContinental Hotels Group (IHG) launched a wellness-focused brand, Even Hotels. They currently have six hotels from New York City to Omaha to Washington, DC, and at all of them, rooms come with yoga mat and block, foam roller, core exercise ball, mounted fitness wall with resistance bands and an in-room training guide. The brand has also developed in-room fitness videos and hotels have extensive fitness centers, pools, and a slate of group fitness classes.