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A New, Better Way For You To Get In Your Workouts While Traveling



Allison Olmsted, CONTRIBUTOR

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

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The Iroquois New York Photo: Triumph Hotels

For those of us who like to stay active and care about fitness, one of the most important amenities we look for when traveling is a hotel gym. But while most better hotels do have a gym or fitness center, very few offer classes, especially in urban areas - you usually have to go to big luxury resort or destination spa to get that. And even when they do offer classes, they are usually taught by in-house staff in mixed used facilities, and rarely the most desirable and specialized name brand workouts.

New York's Triumph Hotels is changing the way travelers can enjoy high quality workouts - lots of them – while on the road. Triumph Hotels is a collection of seven boutique properties throughout Manhattan, from the Upper West Side to lower Manhattan, though most are in Midtown. The fanciest options are the Iroquois and Chandler, while the Belleclaire, Cosmopolitan Tribeca, Evelyn, Washington Jefferson and Edison are described as “affordable luxury.”

The hotel group has partnered with exercise class specialist FitReserve, a premier multi-platform fitness membership, to offer access to the top boutique fitness studios in New York City. FitReserve created its brand new TravelPack option especially for Triumph Hotel guests, and it's a very attractive deal - especially by Big Apple standards. It also offers travelers a lot of flexibility and variety.

The TravelPack gives business and leisure guests of Triumph properties access to three fitness classes during their visit to the City That Never Sleeps for just \$54. That is under twenty bucks a class, less than many of these places charge and less than I pay to do hot yoga as a visitor when I am in the city. But beyond the price, what wows is the amazing selection: over 43,000 classes at all times of day and night, and 400 different studios around town to choose from. FitReserve's menu reads like a Who's Who of the city's most buzzed about and desirable studios, places such as Peloton, CITYROW, Exceed, Yoga Vida, Uptown Pilates, Aerospace High Performance Center, The Bar Method and many more similar, high quality options. Whether your thing is yoga, pilates, barre, spinning, rowing, CrossFit, boot camp or dance, there are attractive options for you. The TravelPack remains active for three months, enough to potentially span multiple visits, but without having to worry about recurring fees or membership commitments.

FitReserve claims to have spots in every class on its partner studios' schedules, bookable up to 14 days in advance, so members don't get shut out by peak times and long term regular customers. They operate in Boston as well, and if you visit either city regularly - or live there - you can also just join FitReserve straight up, with a variety of programs offering from three to ten classes monthly. Unlike the offer for Triumph Hotel guests, these are recurring monthly memberships, and prices are slightly higher than the TravelPak deal, but if you actually use the included number of classes each month, it can be very worthwhile. In either case, it's a fun opportunity to try new classes or workouts with top shelf instructors.