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TRENDING

Out of the Gym, but Still Staying Fit

Travel often means a break in fitness routines. After all, not all hotel gyms are inviting (limited equipment can be a problem). But a number of properties around the world are now offering more compelling workout programs.

Matt Roberts, a trainer whose clients have included David Cameron, the British prime minister, and the model Naomi Campbell, has partnered with the luxury hotel 45 Park Lane in London to offer hourlong circuit-style sessions for guests who book a Studio Suite, which starts at £900 (about \$1,375 at \$1.53 to the pound).

"Rather than going away somewhere and losing the momentum of your training, we push you in a structured, productive and convenient way," Mr. Roberts said.

Guests at the Sofitel Paris Arc de Triomphe get a jogging map that comes with a deck of cards featuring yoga poses inspired by Parisian landmarks (the pyramid entrance to the Louvre corresponds to the downward dog; the Eiffel Tower represents the tree pose).

For a getaway that lets guests get away from indoor fitness altogether, the Gates Hotel in Key West, Fla., offers free sunrise and sunset bicycle tours when visitors want a break from the in-room yoga mats and blocks,



FURY WATER ADVENTURES

PaddleFit classes are offered at the Gates Hotel in Key West, Fla.

resistance bands and iPads pre-loaded with workouts. The hotel also offers Paddleboard Yoga, PaddleFit and Beach Bootcamp classes, from \$15 to \$35.

"Enjoying the tropical setting while working out keeps guests in the vaca-

tion state of mind," said Stephanie Happ, director of sales and marketing at the hotel. "Exposure to new classes provides travelers with new experiences, so even a simple fitness class becomes a memory of their trip."

MARISSA MILLER