

FitHotel’s philosophy of living a healthy lifestyle includes a huge component on overall fitness. We provide on staff physical therapists, nutritionists and exercise physiologists to any guest upon request. We also understand that many people may like to exercise in the privacy of their own personal space. That’s why at FitHotel, we came up with our team of virtual trainers who are ready to motivate you in a variety of workouts any time of day.

FitHotel

About Us

Locations

Reservations

Services

Restaurant

FIT Rooms

Special Services: Customized Training

Attend a customized training session with a personal trainer in the comfort of your own room. Choose the type of exercise you would like to do, the trainer you would like to work with, the music you prefer, and a fitness kit will be delivered to your door.

Type of Training:

☐ Cardio

☐ Resistance Training

☐ Core Strengthening

☐ Lower Body

☐ Yoga

Level:

☐ Beginner

☐ Intermediate

☐ Advanced

Next

New York

London

Madrid

Shanghi

Osaka

Soeul

Paris

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Type of Music:

☐ Alternative

☐ R&B

☐ Pop

☐ Meditative

☐ Rap

☐ Heavy Metal

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Choose a Trainer:




☐ Natalie



☐ Evan



☐ Halli



☐ Courtney

Submit

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