

FITNESS CENTER AT THE POST OAK HOTEL



HIGH-END FITNESS EQUIPMENT. SOOTHING AMENITIES. WORLD-CLASS PERSONAL TRAINERS.



At our state-of-the-art Fitness Center, stay inspired from warming up and cooling down with the touches of a AAA Five-Diamond destination. Flooded with natural light, our wellness experiences are powered by Technogym's most advanced cardio and strength training equipment. A favorite among Olympic athletes and professional sport players, our European-designed fitness equipment utilizes wireless connectivity with your personal fitness device or wellness app to help track progression in real-time. Peloton Bikes with access to live cycling classes, expert personal trainers by appointment, and seasonal pop up-style group exercise classes round out the offerings.

AMENITIES & DETAILS

Whether hitting the refresh button with eucalyptus-scented towels or replenishing with coconut-infused water after an intense cardio session, our carefully selected amenities are available to help you achieve peak performance. For an enhanced experience, connect with the Technogym MyWellness App to track your trainings and movements. The app conveniently syncs all of your favorite fitness apps into one and also provides tailored workout experiences for our fitness machines.

- 2,300-square-foot fitness center
- Technogym equipment that support full biomechanical movements and are sponsors of Olympic Athletes
- Weight equipment machines with Ferrari-inspired seats
- Cardio machines with built-in TVs
- Flat screen TVs conveniently located throughout fitness center
- Wi-Fi & iPhone charging docks
- Eucalyptus refresher towels
- Daily refreshments including fruit, bottled still and coconut water, coffee and tea
- Vivreau still and sparkling water to refill personal water bottles
- Magazines and newspapers
- Complimentary earphones upon request
- Personal trainers available by appointment

EQUIPMENT

Artis Treadmills
Vario (Elliptical Cross Trainer)
Recline Bikes
Upright Bikes
Peloton Bikes
Artis Stair Climber
Skill Mill
Skill Row

Adjustable Bench Presses
Dual Adjustable Pulley
Leg Press
Low Row
Leg Extension
Leg Curl
Chest Press
Vertical Pull

Shoulder Press
Wellness Balls
Arke Wall Set
Cable Station/Dual Adjustable Pulley
Kettle Bell Set
Lululemon Yoga Mats
Free Weights from 5lbs to 75lbs