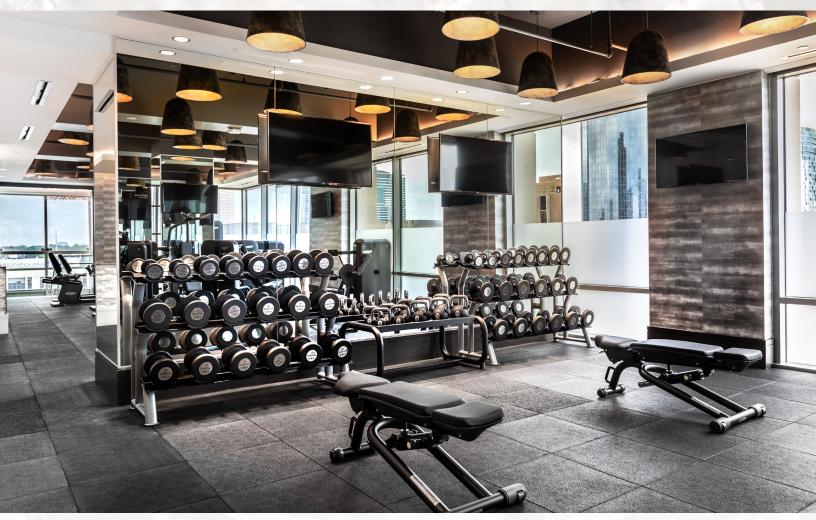
## FITNESS CENTER AT THE POST OAK HOTEL



## 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