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15 Hotels That Make Exercise Easy

by Lisa Cheng

The New Year is upon us—it's time to put away the Christmas tree, get over your Champagne-induced hangover, and work. it. out. It used to be hard to exercise when traveling. Sure, you could squeeze in a jog if the weather was nice, but finding engaging, fun fitness facilities was always much trickier. Happily, more and more hotels have been creating health-friendly solutions to help guests stay on top of their exercise regimens, offering handy in-room amenities and on-site classes.

Take, for example, Refinery Hotel in New York. Turns out the hotel offers more than one of the city's best rooftop bars (hello, porch swing), having teamed up with a travel and wellness design firm to curate in-room tablet offerings like meditation sessions with Deepak Chopra and classes from trendy local studios.

Looking for a hotel to keep your activities on track? Read on.



Refinery Hotel, New York

10 of 16

Who knew that fitness could be as easy as the touch of a tablet? That pretty much sums up this industrial-chic hotel's wellness offerings curated in partnership with Wellthily. From an in-room Tablet, you can access mini-meditation sessions with Deepak Chopra; a 10-block map that pinpoints healthy hotspots; and order Under Armour apparel through Zappos.com. You can even sign up for classes and discussions at Refinery's rooftop space (it's hosting a particularly robust line-up of experts this month, from local studios such as Nu Fit and Muscle & Flow.) Plus. There are a ton of goodies—herbal teas, dark chocolate, and essential oils—in the welcome kit.