

ROYALTON

PARK AVENUE

**NEW DECADE.
NEW YOU.
NEW WORKOUTS TOO.**

**Fitness & Wellness
at Royalton Park Avenue**

COMPLIMENTARY ACCESS

Royalton Park Avenue Gym - Room 419
Access from 7am to 9pm.

Aaptiv - Guided Fitness Programming
Unlimited audio workouts created by
expert personal trainers. Free app
download: aaptiv.com/royaltonpark

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PARK AVENUE

COMPLIMENTARY ACCESS

New York Sports Club - Full Service Fitness Center

3 Park Avenue (Entrance on 34th Street)

Mon - Thurs 6am - 11pm; Fri 6am - 10pm; Sat and Sun 8am - 6pm
Complimentary day pass with room key

24 Hour Fitness - Full Service Fitness Center

225 5th Avenue at 27th Street

24 hours daily, Complimentary passes available

PREFERRED PARTNERS

Flywheel - Indoor Cycling Studio

420 Park Avenue South (Entrance on 29th Street)

Weekday classes from 6am - 7:15pm; Sat 8am - 11:15am; Sun 8am - 4:15pm
First class free, 20% off thereafter with room key

Barry's Bootcamp - High Intensity Interval Training

107 East 27th Street between Park and Lexington

Mon - Thurs 5:30am - 9pm; Fri 6:30am - 8pm; Sat and Sun 7:30am - 2pm
Complimentary class pass

Exhale NoMad - Barre, Cardio, Yoga, and Spa

31 East 32nd Street

Mon, Wed, Fri 7am - 9pm; Tues and Thurs 6am - 9pm; Sat & Sun 8am and 9pm
\$10 off any class, \$25 off any \$100 spa purchase

Detailed schedule and passes available at concierge desk