

WestinWORKOUT® Powered by Reebok Will Energize Guests at Westin Westminster

DENVER, CO – Feb. 14, 2005 – Keeping your fitness regimen on track while traveling will be amazingly easy if you are staying at the Westin Westminster in Westminster, CO. The hotel was part of Westin Hotels & Resorts corporate-wide, \$12 million dollar fitness expansion of the WestinWORKOUT® Powered by Reebok.

The custom-designed fitness facility will motivate guests to workout and experience the new center. State-of-the-art equipment from Life Fitness®, as well as Cardio Theater® and Reebok®-designed fitness regimens give guests several workout options. From treadmills, upright bikes, recumbent bikes, steppers, elliptical trainers as well as leg extension, leg curl, shoulder press, lat pull down and chest machines, dumbbells and Cardio theater to personal viewing screens and sound systems on all cardio equipment – there is something for everyone.

The fitness room also features a Reebok Core training Zone, a unique center created to improve strength, flexibility, balance and aerobic conditioning and outfitted with special equipment by Reebok including Core Boards, medicine balls, stability balls and resistance tubing.

Please click the play button above to start video.
Please allow up to a minute for the video to play

"Our goal is to cater to our guests every need, so we are excited about offering the WestinWORKOUT® Powered by Reebok to our guests," said Scott Weber, general manager of Westin Westminster. "The fitness facility provides several workout options to fit the individual needs of our guests' fitness routines while away from home."

Westin Hotels & Resorts spent \$12 million to build new fitness centers. Thousands of brand new treadmills, cycles, elliptical trainers, medicine balls, yoga mats and core boards have been installed in 53 new WestinWORKOUT® Powered by Reebok fitness facilities recently opened in Westin hotels in North America, Mexico and the Caribbean.

The Westin Westminster features an indoor heated lap pool, and fully equipped fitness center. Our outdoor spa, located on the Sunset Deck, provides guests with spectacular views of the Rocky Mountains, a view that can also be enjoyed from the pool and spacious fitness center.

Designed and certified by Runner's World Magazine, Runner's World Maps are available to our guests and feature 3-mile and 5-mile jogging/walking routes from our hotel as well as local running tips.