

Asia: Extraordinary Hospitality and Remarkable Fitness Centers

Traveling should never compromise your health and fitness. That is why it is important to select a hotel, which offers excellent gym facilities on its premises. A good number of hotels in Asia have gyms, which are fully capable of catering for all your fitness requirements.

Marina Bay Sands Singapore

Situated on the 55th level, the Banyan Tree Fitness Club provides the fitness enthusiasts a magnificent view of the Gardens by the Bay.



Moreover, the facilities in this hotel gym are varied. You will have the option of working out on the exercise wall that allows training for the whole body. In addition, strength training equipment, weights, and rowers are also present for hardcore gym aficionados.

In case, you prefer to stay fit by practicing meditation and breathing exercises, then you should go for the Yoga classes.

The gym gives you the opportunity to carry on with your fitness sessions while you are staying at Marina Bay Sands. Additionally, with the availability of the variety of equipment, you can try out versatile workouts.

Also, you will have no dearth of entertainment in this hotel gym. Enjoy hands-free music on your portable music player or use over-the-head headphones as you work out.

Ayana Resort and Spa Bali

At the Ayana Resort and Spa Bali, you will discover new ways of attaining a chiseled body. Right under the splendid looking sky, a trained Yoga instructor will guide you to perform health-improving Yoga postures.

This resort also has the Aquatonic pool, which is the largest in the world. You can perform water aerobics and exercises like jogging and squats to burn the calories.

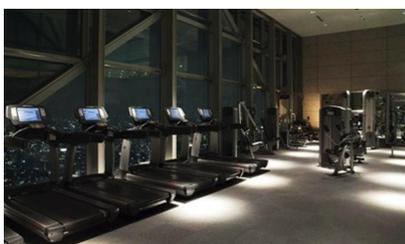
The resort is set up on the lines of traditional Balinese housing. Hence, you will have plenty of opportunities to work out in the open. Of course, such a workout is greatly refreshing and beneficial for health.

The place specializes in offering a relaxed natural environment to its guests. Therefore, you will gain hugely by relishing the company of the picturesque natural surroundings.

Park Hyatt Hotel Tokyo

The splendid fitness center of this hotel has a full-fledged gym and an aerobics studio on the 44th floor. The view from the gym's large windows is truly magnificent. Such a view and the seclusion because of the height generate a lot of enthusiasm for the gym visitors.

The hotel gym is fully equipped with a modern fitness and weight training machines while the studio has a sonic flooring system.



This gym has in-house personal trainers, who will prepare tailor-made fitness programs for you. Moreover, after an exercise session, you can relax by enjoying nerve-soothing drinks by the poolside.

The range of exercises in this hotel gym is huge. As you will be working out under the guidance of the trainers, you can try different kinds of exercises and aerobics safely.

Kerry Centre Hotel Beijing

The fitness center known as Kerry Sports has a full range of cardiovascular training equipment and strength training machines, which will appeal to all regular gym goers. Being spacious, you will be able to enjoy your workouts fully.

If you prefer sports to traditional workout, then this hotel gym is ideal for you. There are courts dedicated to sports like tennis, squash, badminton, and basketball.

Unlike other fitness centers, the option to try out a variety of sports is amazing. In this gym, you can experiment by choosing a new sport; as there are experienced trainers, who will teach you how to play it.

Kerry Sports are open 24/7. Hence, you can schedule your gym timings as per your convenience.

Mandarin Oriental Kuala Lumpur

This hotel gym offers a complete solution to all your fitness needs. There is a host of cardiovascular exercise equipment available. Likewise, you can also enjoy swimming, tennis, or squash to keep fit.



The gym offers yoga, and Pilates training as well by trained professionals. You may also try aerobics classes where you will savor health benefits of performing on Latin songs.

Working out in the gym is not at all claustrophobic. The fitness center overlooks a sprawling green garden. Moreover, the swimming area is nestled in a tropical garden, which allows you to be one with nature.

In case, you have personal fitness needs then feel free to mention that to the gym officials. The gym boasts personal trainers. The trainer will devise a personalized exercise schedule especially for you.

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