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Eight eco-friendly luxury cars; 10 secret bars and restaurants. Plus: Should your kid skip school?

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THE CASE FOR GREEN LUXURY

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# 10

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10 TOP HOTEL GYMS FOR

THE BUSINESS TRAVELER

How do you keep in fighting trim when you're traveling on business? By staying in hotels with gyms you would want to work out in even if they weren't just 20 floors beneath you. Herewith, the 10 best hotel gyms in the country (in alphabetical order, because, trust us, one through 10 are too close to call).

01

**FOUR SEASONS, Denver**

For travelers who are better at exercising than packing, Four Season's fitness center provides sneakers, socks, gym clothes and swimsuits. Stocked with cardio machines, weight-training equipment and certified trainers, the gym also offers an array of fitness classes and is open 24 hours. Guests can use the outdoor heated pool, whirlpool and steam room as well.

*fourseasons.com, 303.389.3000*



02



**HOTEL SOFITEL, Los Angeles**

SO Fit, one of the largest hotel gyms in L.A., offers a variety of cardio equipment and free weights going up to 100 pounds. Retractable skylights let in fresh air, a pleasant feature for a building in sunny Los Angeles. After their workout, guests can cool down with chilled, peppermint-scented towels and showers featuring 20 water jets.

*sofitel.com, 310.278.5444*

03



**THE HOUSTONIAN HOTEL, CLUB AND SPA, Houston**

With more than 250 fitness machines in the Houstonian's gym, guests will never have to wait for a treadmill. The hotel's 250,000-square-foot health club is also home to a full-sized basketball court, lap pool, rock-climbing wall, indoor and outdoor tennis courts, and more than 165 group exercise classes. The club's intense workout class, H45XTreme, gets busy travelers in and out of the gym in just 45 minutes.

*houstonian.com, 713.680.2626*

04

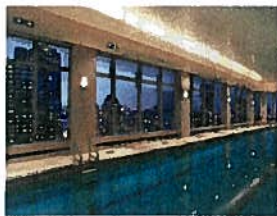
**THE INTERCONTINENTAL, Boston**

The SPA InterContinental Health and Fitness Club, open 24 hours, features an indoor heated lap pool and steam rooms. Filled with natural light, the club offers headphones to those without, strength training equipment and cardio machines with individual TVs. On summer Saturdays, the club hosts sunrise yoga and breakfast on its waterfront lawn.

*intercontinentalboston.com, 617.747.1000*



05



**THE MANDARIN ORIENTAL, New York**

Located on the 36th floor in the Time-Warner Center hotel, the Mandarin Oriental's gym and 75-foot lap pool offer a stunning view across the Hudson. The fitness center features sophisticated TechnoGym cardio machines and kinesis equipment, which uses cables to work different muscles simultaneously, so gym-goers can get almost-an entire workout with only one machine. The Mandarin gym also provides Smartwater, citrus-infused water and teas. Pre-loaded iPods are available as well.

*mandarinoriental.com, 212.805.8800*

06

**THE RITTENHOUSE, Philadelphia**

Aside from typical fitness equipment such as free weights, rowing machines and cardio equipment outfitted with TVs and DVD players, The Rittenhouse's Adolf Biecker Spa and Fitness Club emphasizes individual service. Personal trainers provide fitness assessments to clients while water aerobics classes take place throughout the week in the center's heated pool, adjacent to its outdoor sundeck. The locker rooms feature a steam room and sauna and are stocked with Aveda products.

*rittenhousehotel.com, 215.546.9000*



07



**THE RITZ-CARLTON, Washington, D.C.**

In keeping with the Ritz-Carlton's renowned customer service, the hotel's fitness center, The Sports Club/L.A., offers on-site trainers, nutritionists and babysitters at all times. The center is D.C.'s only gym with more than 100,000 square feet of space, which houses a full basketball court, four squash courts, a lap pool, more than 100 classes and a vast number of cardio and weight training machines.

*ritzcarlton.com, 202.835.0500*

08



**THE ST. REGIS, San Francisco**

Open 24 hours a day, the fitness center at the St. Regis caters to business travelers whose free time for a workout might come early in the morning or late at night. Equipped with cardio equipment and free weights, the gym features personal trainers and a private yoga and Pilates studio available for individual sessions. The club also offers a heated infinity pool and pre-loaded iPods.

*stregissanfrancisco.com, 415.284.4000*

09

**THE VENETIAN, Las Vegas**

In between meetings on the strip, guests can fit in a workout at the Venetian's Canyon Ranch SpaClub and Fitness Center. The 134,000-square-foot space is the largest hotel gym in Las Vegas. Offering both rigorous and relaxing fitness classes, as well as a rock-climbing wall and a kinesis studio, the center provides complimentary robes, sandals and fresh fruit in the locker rooms. If time allows, guests can meet with nutritionists, exercise physiologists and acupuncturists, or enjoy the Laconium herbal steam room or Finnish sauna.

*venetian.com, 702.414.1000*



10



**THE VICEROY, Miami**

This highly personalized fitness center provides trainers for customized workouts, Gyrotonics and Pilates. The center boasts a sleek, white spinning studio and an extensive list of classes such as body sculpting and boot camp. After a workout, guests can dip in the hot and cold plunge pools that overlook Key Biscayne and relax in one of the locker room's eucalyptus steam rooms.

*viceroymiami.com, 305.503.4400*