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**STAY STRONG IN MIND, BODY & SPIRIT AT PROVENANCE HOTELS WITH WELL+FIT**

***Hotels from Seattle to New Orleans debut new offerings for convenient, mindful, healthy travel.***

May 15, 2018 – PORTLAND, Ore. – Provenance Hotels has doubled down on its commitment to caring for the wellness of travelers – mind, body and soul – today with the unveiling of its new Well+Fit program. Building on the company’s signature spiritual menu and based on the belief that mindfulness and exercise should be accessible, fun and easy – even when one is away from home – Well+Fit brings top-of-the-line Peloton bikes into hotel gyms and makes resources from Provenance Hotels’ industry-leading fitness co-conspirators, such as Barre3 and The Lab x Burn available in the comfort of guests’ hotel rooms.

Provenance Hotels has created inviting Well+Fit environments within all hotels by upgrading the gyms at Hotel Max and Hotel Theodore in Seattle, Hotel Murano in Tacoma, Hotel Lucia, Hotel deLuxe, the Heathman Hotel, Sentinel and Dossier in Portland, Hotel Preston in Nashville and the Old No. 77 Hotel & Chandlery in New Orleans with new Peloton bicycles. Bringing the heat of elite, live studio cycling to travelers of Provenance Hotels, Peloton’s high performing, tech-integrated bikes provide on-demand indoor cycling classes streamed from the top spin instructors of Peloton’s NYC studio directly to the hotel’s fitness center.

The company has also leveraged partnerships with co-conspirators who are the foremost experts in their fields to make wellness and fitness resources conveniently available within every guest room. Anytime during their stay, guests can request the delivery of a complimentary Well+Fit kit and, when guests finish their workout or are ready to check out of the hotel, they can just call the front desk to pick up the Well+Fit kit – it’s just essentially room service for the mind and body.

Designed to be used in the comfort and privacy of a guestroom, the Well+Fit kit includes a wrapped Manduka Yoga mat, a set of barre3 bands, weights and signature core ball and an iPad preloaded with fitness videos from Provenance Hotels co-conspirators. On the iPad, Portland-based Barre3, a full body workout studio rooted in three fitness disciplines – ballet barre, Pilates and yoga – has made available to Provenance Hotels guests a series of videos streamed from the barre3 app designed to lift, lengthen, and tone your muscles through a three-step sequence involving isometric holds, controlled one-inch movements, and large range of motion exercises.

The Lab X Burn, created by Jessi Duley, founder of Portland’s full-body spin studio BurnCycle, and Marie Purvis, global master trainer and creator of Nike Training Club, is a test kitchen for innovative cross training classes that vary from strength, conditioning and sculpting Vinyasa flow classes to targeted

upper and lower body workouts and personal training. Also based in Portland, The Lab X Burn partnered with Provenance Hotels to create three exclusive videos just for the Well+Fit program that guide travelers through 20-minute bodyweight resistance work outs that can be practiced in their guestroom. The Calm app, the most popular mediation application on iTunes, is also available on the iPad so guests can practice guided daily meditations, breathing and sleep-promoting exercises.

Extending the Well+Fit reach outside the hotels, Provenance Hotels also offers complimentary Shinola bikes at most hotels that guests can borrow if they want to combine a little exercise and exploration – helmets included, naturally. In addition, as part of Well+Fit, Provenance Hotels has partnered with CorePower Yoga, a Denver based yoga company whose intensely physical yoga practices have expanded studios nationwide, to make available a complimentary class pass available to every guest once during each stay. Guests can simply pick up a pass at the front desk and reserve a spot at the CorePower studio nearest their hotel in Seattle, Tacoma, Portland or Nashville. Continuing the live and in-person offerings of the Well+Fit partners, travelers can also take advantage of complimentary in-studio class passes to barre3 in Seattle, Portland, Nashville and New Orleans; BurnCycle’s spin studios in Portland or Seattle; and the Burn Lab in Portland. To take a class in-studio, guests can pick up a complimentary pass to the Well+Fit partner of their choice and reserve a spot at the studio online through the barre3, CorePower Yoga, BurnCycle and The Lab X Burn websites.

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#### **About Provenance Hotels**

Founded in 1985 and headquartered in Portland, Ore., Provenance Hotels specializes in developing and operating award-winning independent hotels with distinct and deeply integrated art stories. The portfolio includes Hotel deLuxe, Hotel Lucia, Sentinel, the Heathman Hotel and Dossier in Portland, Ore., Hotel Max and Hotel Theodore in Seattle, Wash., Hotel Murano in Tacoma, Wash., the Old No. 77 Hotel & Chandlery in New Orleans, LA., and Hotel Preston in Nashville, Tenn. Provenance Hotels will open Lora in Stillwater, MN and Woodlark in Portland in 2018. The company can be found online at [www.provenancehotels.com](http://www.provenancehotels.com).