

## FAIRMONT VANCOUVER AIRPORT INTRODUCES A NEW WAY TO STAY FIT ON THE FLY WITH AN IN-ROOM GYM AND NORDIC-STYLE HYDROTHERAPY EXPERIENCE

Work out, rejuvenate and rest, all in the privacy of the Fit on the Fly Suite.



**VANCOUVER, BC – February 2022:** [Fairmont Vancouver Airport](#), the only luxury hotel located inside the Vancouver International Airport and voted the #1 Airport Hotel in North America for seven straight years, has launched the [Fit on the Fly Suite](#), which includes an in-room gym with Peloton and FITBENCH equipment and an in-room Nordic-style hydrotherapy experience.

FIT ON THE FLY SUITE IMAGERY [AVAILABLE HERE](#)

Offered in one of the hotel's 513 sq. ft. Signature Rooms with rates starting at \$399.00 CAD per night, the **Fit on the Fly Suite** offers guests an opportunity to keep wellness at the forefront of their travel plans with the convenience and privacy of an in-room gym and spa experience. Guests will find this spacious room outfitted with premium fitness equipment including a Peloton Bike, FITBENCH ONE, lululemon yoga mat and a balance ball. The Peloton Bike includes access to thousands of classes beyond just spin, including cardio, strength, HIIT, yoga and meditation. The FITBENCH ONE is stocked with dumbbells, kettlebells, a slam ball and FITBANDS, while the top of the bench elevates to eight different positions and doubles as a plyo box, allowing maximum workout versatility.



After working out, the experience continues with Nordic-style hydrotherapy, well known for soothing sore muscles, relieving joint stiffness, and creating a sense of well-being. This unique in-room version begins with a hot shower enriched with a [bathintentions](#) lavender patchouli shower steamer to increase blood flow and relax muscles. Then, plunge into a refreshing ice bath to reduce lactic acid build-up and release muscle tension. Finally, wrap in a plush Fairmont robe and relax with mindful breathing exercises, which allows the heart rate to stabilize, creating a sense of calmness and clarity. Repeat the hot, cold, relax cycle as needed, and then refuel with a selection of healthy snacks, including fresh fruit and house-made power bars.

“We’re always looking for ways to enhance the traveller experience, and we understand that many of our guests want to continue meeting their wellness goals while on the go,” says Lesliann Kuhn, Director of Sales & Marketing. “The **Fit on the Fly Suite** offers guests the convenience of waking up to their workout, but also raises the bar by including in-room hydrotherapy.”

All guests staying at Fairmont Vancouver Airport also enjoy access to the hotel’s Health Club, which features a Fitness Centre with modern equipment including a Peloton Bike and lululemon’s MIRROR, a mechanized resistance pool allowing guests to swim against a self-adjusted current, whirlpool and saunas. Members of ALL – Accor Live Limitless are able to order Fairmont Fit workout apparel in advance of every stay.

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#### **About Fairmont**

Fairmont Hotels & Resorts is where the intimate equally coexists with the infinite – an unrivaled portfolio of more than 80 extraordinary hotels where grand moments of life, heartfelt pleasures and personal milestones are celebrated and remembered long after any visit. Since 1907, Fairmont has created magnificent, meaningful and unforgettable hotels, rich with character and deeply connected to the history, culture and community of its destinations – places such as The Plaza in New York City, The Savoy in London, Fairmont San Francisco, Fairmont Banff Springs in Canada, Fairmont Peace Hotel in Shanghai, and Fairmont The Palm in Dubai. Famous for its engaging service, awe-inspiring public spaces, locally inspired cuisine, and iconic bars and lounges, Fairmont also takes great pride in its pioneering approach to hospitality and leadership in sustainability and responsible tourism practices. Fairmont is part of Accor, a world leading hospitality group consisting of more than 5,200 properties and 10,000 food and beverage venues throughout 110 countries.

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**About ACCOR**

[Accor](#) is a world leading hospitality group consisting of more than 5,200 properties and 10,000 food and beverage venues throughout 110 countries. The group has one of the industry's most diverse and fully-integrated hospitality ecosystems encompassing more than 40 luxury, premium, midscale and economy hotel brands, entertainment and nightlife venues, restaurants and bars, branded private residences, shared accommodation properties, concierge services, co-working spaces and more. Accor's unmatched position in lifestyle hospitality – one of the fastest growing categories in the industry – is led by Ennismore, a joint venture, which Accor holds a majority shareholding. Ennismore is a creative hospitality company with a global collective of entrepreneurial and founder-built brands with purpose at their heart. Accor boasts an unrivalled portfolio of distinctive brands and approximately 260,000 team members worldwide. 68 million members benefit from the company's comprehensive loyalty program – [ALL - Accor Live Limitless](#) – a daily lifestyle companion that provides access to a wide variety of rewards, services and experiences. Through its Planet 21 – Acting Here, Accor Solidarity, RiiSE and ALL Heartist Fund initiatives, the Group is focused on driving positive action through business ethics, responsible tourism, environmental sustainability, community engagement, diversity and inclusivity. Founded in 1967, Accor SA is headquartered in France and publicly listed on the Euronext Paris Stock Exchange (ISIN code: FR0000120404) and on the OTC Market (Ticker: ACCYY) in the United States. For more information visit [group.accor.com](http://group.accor.com), or follow Accor on [Twitter](#), [Facebook](#), [LinkedIn](#), and [Instagram](#).

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