



Sheraton®

NEW YORK
TIMES SQUARE
HOTEL

Fitness Training And Programs

**FITNESS HOURS: OPEN 24
HOURS WITH A KEY CARD**

**FOR INQUIRIES, CONTACT
OUR FITNESS SERVICES
DESK AT 212 581 1000**

Because staying focused on your health goals can be hard when you're on the road, Sheraton New York Times Square is proud to be the first hotel fitness center in NYC to offer a team of certified trainers. These trainers come from a diverse range of backgrounds and can inspire you to reach your fitness goals on the road, set dietary goals and programs or just offer guidance on how to use the innovative exercise equipment. You'll have access to our 10 Peloton bikes, 14 daily classes and 5,000 workouts as well as weights, cardio and strength training equipment like the TRX suspension system.



