



**CONTACT:**

Maria Andriano/Caroline Klein  
Redpoint Marketing PR, Inc.  
212.229.0119  
[andriano@redpointpr.com](mailto:andriano@redpointpr.com)  
[klein@redpointpr.com](mailto:klein@redpointpr.com)

**HEALTHY MEETS HIGH TECH AT THE AFFINIA DUMONT**

NEW YORK – The **Affinia Dumont**, New York’s first and only Executive Fitness Suite Hotel, opened its doors on May 6, 2003 following a 15 million dollar renovation. Located on 34<sup>th</sup> Street between Third and Lexington Avenues, the Affinia Dumont is designed to meet the needs of today’s active and health-conscious business traveler, and offers an array of special fitness features and services. At the center of this concept, the Oasis Day Spa and on-site Fitness Concierge make it easy for guests to successfully balance “work and wellness.”

The Affinia Dumont’s dedication to fitness and a healthy, balanced lifestyle is woven throughout the hotel’s entire operation. “Research of current and prospective guests of the Affinia Dumont has shown overwhelming support for this concept. We’ll make it easy for business and leisure travelers to maintain a healthy lifestyle when on the road.” says General Manager Dave McManus.

**Fitness Flexibility**

Guests at the Affinia Dumont can choose between using the Oasis Day Spa, or working out in their room. All rooms are equipped with full-sized wall mirrors and ample workout space; a variety of exercise equipment can be delivered to rooms free of charge.

The Oasis Day Spa is an urban fitness center and spa for health and life balance. State-of-the-art equipment includes Life Fitness treadmills, crosstrainers and cycles, all with cardio theater to play CDs and DVDs, Life Fitness Pro Series strength training equipment, plus exercise balls, stretch bands, and more.

The Spa offers an array of skin care and body treatments along with grooming services such as manicures, pedicures and waxing. In-room spa treatments are available for travelers who prefer to relax in the privacy of their own suite.

## Keeping The Hotel “Fit”

The following fitness amenities and services were created to ensure guests have every option available to maintain a healthy lifestyle while away from home:

- The **Fitness Concierge** oversees the Oasis Day Spa and is a resource for guests seeking to enhance their fitness and wellness experience during their stay. The Fitness Concierge arranges appointments with personal trainers, educates and assists guests with the fitness equipment, leads spa and fitness seminars and workshops (for both guests and hotel staff), recommends appropriate running/walking routes upon request, and often leads these tours for guests.
- **Fit Kits** are four different types of packaged exercise equipment available to guests for in-room use: Running, Walking, Strength Training and Yoga. The Fit Kits are free-of-charge during the stay and will be delivered to a guest’s room upon request. The kits’ contents are based on the activity; the strength training kit, for example, includes hand weights, ankle weights, mat, exercise ball and resistance bands.
- **Fitness Locker** service features a **Fitness Valet** and **Sneaker Valet** to provide prompt refreshing, laundering and storage of workout attire for a nominal charge.
- The **Affinia Wellness Library** has CDs and books available for guests to borrow or purchase.
- The **Fitness Suite** is a 1,100-square-foot one-bedroom suite located on the 26<sup>th</sup> floor of the hotel. The suite includes a private gym with cardio and strength-training equipment, as well as a sauna.
- **Stretch of the Month** introduces new stretches to staff and guests every month to help with relaxation. Instructions for the stretch will be posted in the spa, front desk and throughout the hotel.
- A **Healthy Mini-bar** in every suite includes energy bars, water bottles and low-fat snacks.
- **“On-the-Go” pack** available for purchase at check-out includes items to refresh travelers while in transit.
- **“Black Book” of NYC fitness resources** is a comprehensive directory of healthy and fitness-oriented facilities (such as yoga, Pilates, swimming pools, etc.) and restaurants compiled especially for the Affinia Dumont so the staff can help guests find any type of healthy/fitness service throughout Manhattan.
- **Running and walking route maps** are available for guests who enjoy these outdoor activities. Staff can direct guests to the best running or walking routes and will be ready with a towel and bottle of water upon their return.

### **“Fit-ting” Design**

Designed by renowned DiLeonardo International, the Affinia Dumont’s architecture and interiors combine comfort with modern sophistication. Plush carpeting, oversized furnishings and soft customized lighting combined with personal touches such as throw pillows and chenille wraps, make guests feel at home.

The lobby provides an intimate seating area furnished with lounge chairs and multi-colored ottomans. Technology is abundant in the hotel with wireless capabilities in the lobby and high-speed Internet access throughout the hotel.

Affinia Hotels is a brand unlike any other. Affinia is a collection of lifestyle hotels focused on providing guests with total comfort and convenience. All locations are uniquely designed with the business and leisure traveler in mind in prime Manhattan, Chicago and Washington, DC locations. Each Affinia property has a special focus such as fitness, tranquility, or location. The collection includes the Affinia 50, Affinia Dumont, Affinia Gardens, Affinia Manhattan, Affinia Chicago and soon, a property in Washington, D.C. The Affinia Shelburne will make its debut in fall 2008. Affinia Hotels is operated by DHG (Denihan Hospitality Group), a privately-owned company with more than 40 years of hospitality management expertise. Affinia Hotels is a proud member of a worldwide alliance of hotels including Joie De Vivre in the United States, Thistle Hotels in the United Kingdom, Rotana Hotels in the Middle East and First Hotels in Scandinavia. For more information, visit [www.affinia.com](http://www.affinia.com) or call 1-866-AFFINIA.

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