



GRANDE LAKES
ORLANDO

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FOR IMMEDIATE RELEASE

**GRANDE LAKES ORLANDO UNVEILS NEW FITNESS CENTER COMPLETE
WITH UPGRADED TECHNOGYM EQUIPMENT**
Resort is the first in US to feature the full ARTIS collection by Technogym

Orlando, Fla. – December 10, 2015 – In keeping with the growing trend and benefits of incorporating technology into workout routines, Grande Lakes Orlando, comprised of The Ritz-Carlton and JW Marriott hotels, announces a revamp of its 6,000-square-foot fitness center, now offering some of the latest, technologically advanced exercise equipment. The fitness center, housed in the resort's 40,000-square-foot, award-winning Ritz-Carlton Spa, has been transformed to offer brand-new ARTIS Collection equipment by Technogym, a leading supplier of fitness products and services. Grande Lakes Orlando is now the first resort in the United States to feature Technogym's complete collection of cardio, strength and functional equipment.

A variety of functional training products give guests a customizable experience for all fitness levels. Highlights include the revolutionary Kinesis One, a single station where users can explore an infinite range of natural movements and exercises, as well as various equipment by OMNIA³, designed for functional and ability training workouts. The new fitness experience will also be technologically immersive as Technogym's intuitive, tablet-like UNITY platform enables guests to connect to music, TV and enhanced training features.

These new state-of-the-art fitness machines complement the existing individual personal training sessions available at the fitness center as well as workout programs including Boot Camp, Epic Cycle, Insanity®, PiYo Strength, TurboKick®, Zumba® and more.

Guests of both The Ritz-Carlton Orlando and JW Marriott Orlando, Grande Lakes have complimentary access to the fitness center.

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About Grande Lakes Orlando

The 500-acre Grande Lakes Orlando estate features a 582-room Ritz-Carlton and 1,000-room JW Marriott hotel situated at the headwaters of the Florida Everglades. Guests at both hotels can enjoy all the facilities and services at Grande Lakes Orlando, including an 18-hole Greg Norman-designed championship golf course and the 40,000-square-foot Ritz-Carlton Spa as well as three pools including the winding lazy river at JW Marriott. Dining options feature the culinary mastery of award-winning chefs Norman Van Aken with Norman's at The Ritz-Carlton and Melissa Kelly with PRIMO at JW Marriott, a



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leader in the city's farm-to-fork movement. The resort's renowned culinary program is further showcased at The Kitchen at JW Marriott Orlando and Highball & Harvest at The Ritz-Carlton Orlando, as well as The Brewery, an on-property nano-brewery and Chef's Table. Furthering this farm-to-fork commitment are the on-site apiaries and 18,000-square-foot Whisper Creek Farm.

On-property activities include Grande Lakes Adventures Experiences offering kayaking, eco-tours on Shingle Creek, and a fishing school. Conference and meeting attendees have their pick of a selection of meeting space options located across 150,000 square feet that connects the two properties plus more than 100,000 square feet of outdoor space.

Grande Lakes is located 15 minutes from the Orlando International Airport, five minutes from the Orange County Convention Center and minutes from the major theme parks. For more information about Grande Lakes Orlando, visit www.grandelakes.com. Follow Grande Lakes Orlando on Twitter at [@RC_Orlando](https://twitter.com/RC_Orlando) and [@JW_Orlando](https://twitter.com/JW_Orlando).

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About JW Marriott Hotels & Resorts

JW Marriott is part of Marriott International's luxury portfolio and consists of beautiful properties in gateway cities and distinctive resort locations around the world. These elegant hotels cater to today's sophisticated, self-assured travelers, offering them the quiet luxury they seek in a warmly authentic, relaxed atmosphere lacking in pretense. JW Marriott properties artfully provide highly crafted, anticipatory experiences that are reflective of their locale so that their guests have the time to focus on what is most important to them. Currently, there are 73 JW Marriott hotels in 28 countries; by 2020 the portfolio is expected to encompass more than 100 properties in over 30 countries. Visit us [online](#), on [Instagram](#), [Twitter](#) and [Facebook](#) and #experiencejwm.

About The Ritz-Carlton Hotel Company, LLC

The Ritz-Carlton Hotel Company, L.L.C., of Chevy Chase, Md., currently operates 88 hotels in the Americas, Europe, Asia, the Middle East, Africa, and the Caribbean. More than 30 hotel and residential projects are under development around the globe. For more information or reservations, visit the company web site at www.ritzcarlton.com, and for the latest company updates, visitnews.ritzcarlton.com. The Ritz-Carlton Hotel Company, L.L.C. is a wholly-owned subsidiary of Marriott International, Inc. (NASDAQ:MAR).

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