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Hotels hype healthy perks

From workout videos on-demand to an all-yoga TV channel, major hotel chains have upped the ante when it comes to in-room fitness amenities.

* WestinWORKOUT Powered by Reebok (888-625-5144, westin.com) Westin Hotels & Resorts has partnered with Reebok University, including fitness expert (and Shape contributing editor) Lisa Wheeler to create an in-room Pilates and stability-ball workout video with complimentary use of equipment. Or try "The Heavenly Bed Workout," a yoga- and Pilates-inspired workout on the hotels' own TV channel that's done on your bed.

* Kimpton Hotels "Om Away From Home" Yoga Program (415-397-5572, kimptonlife.com) Kimpton's hip North American properties offer complimentary inroom use of a yoga kit (a basket filled with a Gaiam yoga mat, block and strap) and an instruction booklet to accompany the hotels' 24-hour inroom Yoga Channel, featuring "Yoga Journal's Step-by-Step Home Practice Series" with teacher Natasha Rizopoulos.

* The Zone Workout Series (zone.workout.com) Five 20-minute programs are available through payper-view in major hotel chains, including Best Western, Crowne Plaza, Doubletree, Hampton Inn, Holiday Inn, Hilton, Hyatt, Loews, Marriott, Sheraton and Wyndham. Guests can choose from five programs--"Cardio Stretching," "Total Body," "Yoga," "Core Conditioning" or "Pilates" at about \$7 each.--L.M.

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