



The Cavendish

London

BRITISH MILITARY FITNESS AT THE CAVENDISH HOTEL

The Cavendish Hotel is offering its guests the most effective, unique and environmentally friendly workout possible. The hotel has teamed up with British Military Fitness (BMF) to give visitors access to complimentary fitness sessions to help them keep fit in the great outdoors.

The hotel, which has a keen emphasis on reducing its impact on the environment and was awarded "Considerate Hotel of the Year 2007", is offering its guests an alternative workout to the normal hotel gym. Residents of the hotel are invited to attend these rigorous BMF sessions with the hotel's compliments.

The BMF classes are run by serving or ex-armed forces physical training instructors with recognised fitness training qualifications. They offer motivational and challenging workouts to encourage attendees to get fit in a fun and interactive environment.

The classes take place in the beautiful parks of London and are a great opportunity to take in the scenery London has to offer. Making use of the great outdoors and using no equipment, apart from what nature provides, means these workouts are the lowest carbon footprint form of exercise you can do.

The classes are designed to suit guests of all fitness and the groups are divided into three levels; beginners, intermediates and advanced, so whatever the level of ability there is something for every hotel guest.

Hyde Park is the local BMF venue to The Cavendish and offers sessions everyday except Tuesday at several times in the morning and the evening. Other classes take place in Clapham Common, Hampstead Heath, Richmond Park, Wimbledon Common, Battersea Park and Wandsworth Common and guests of the hotel will be able to attend any session in London.

The four-star deluxe Cavendish Hotel is a modern and contemporary hotel situated on London's prestigious Jermyn Street, off St James's. The hotel's location on this quiet street behind Fortnum & Mason is only minutes away from Piccadilly Circus, Oxford Street and the West End Theatres.

The Cavendish Hotel

Telephone: 020 7930 2111 or visit www.thecavendishlondon.com

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August 2008

