

BILTMORE HOTEL'S FITNESS CENTER IS FIRST IN FLORIDA TO OFFER INNOVATIVE AQUA PILATES CLASSES

--Aqua Arthritis and other programs taught in hotel's world-famous pool--

CORAL GABLES, FL, (June 28, 2002)-- To meet the demands of members and hotel guests, The Biltmore Hotel now offers new "specialty" programs in its world-famous pool -- Aqua Pilates and Aqua Arthritis. Both classes utilize the buoyant support and resistance of water.

The Biltmore is the only fitness center in Florida teaching Aqua Pilates, a unique program that offers non-impact strengthening and stretching movements requiring precise breathing and muscle control. The exercises help students learn movements to strengthen the torso, and to develop a system of corrective exercises to tone muscles and improve posture, flexibility and balance. The class was so instantly popular that a second class was added almost immediately.

Aqua Arthritis is designed to help individuals learn specific exercises for the symptoms of arthritis. The class enables participants to decrease stiffness in their joints, increase strength above and below each joint, and improve movement and functional ability. Classes use the buoyant support of the water, which effectively cancels approximately 90% of a person's weight submerged to the neck. This buoyancy dramatically decreases compression stress on weight-bearing joints, bones and muscles.

"Aquatics are among the few exercise classes where people of all ages and fitness levels can benefit from the same workout," says Biltmore aerobics director Ann Anthony. "Some in my classes are athletes while others who attend have certain physical limitations. It's gratifying to see them participating together in the same class."

All aquatics teachers at The Biltmore are trained and certified by AEA (Aquatic Exercise Association) and ATRI (Aquatic Therapy and Rehabilitation Institute). Fourteen aquatics classes are offered weekly (each accommodating up to 40 people) in the Biltmore's 700,000-gallon pool, the largest hotel swimming pool in the Continental United States.

Besides the two classes mentioned above, the Fitness Center offers Aqua Training, H2O Power Hour and Wet Workout. All classes are suitable for ALL levels and even non-swimmers can participate (flotation devices are used as part of the classes). Participants must be 18 years of age. There is an extra charge for the 6-week, 12-class Aqua Arthritis course. The other classes are included in the fitness membership program or may be purchased on a per-class basis. All fitness classes are free to registered guests of the hotel.

The Biltmore Hotel is a four-star, four-diamond, National Historic Landmark property featuring luxury accommodations and 76,000 sq. ft. of meeting space. Other highlights include an 18-hole, Donald Ross-designed golf course, 10 lighted tennis courts, newly renovated spa, an array of fine restaurants and lounges, and a private wine cellar club. The Biltmore is a member of National Trust Historic Hotels of America.

For further information, contact Terry Prager, Biltmore Fitness Center Director at (305) 445-8066, Ext. 2683, or visit the web site at www.biltmorehotel.com. Toll-free reservations can be made at (800) 915-1926.