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For Immediate Release

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CELEBRITY FITNESS CLASSES AT THE BILTMORE HOTEL

CORAL GABLES, FL – November 9, 2009 – Don't wait for a new year's resolution to kick-off a healthy start! Shed away your Thanksgiving dinner splurge with an **XFLOWSION** work-out class hosted by celebrity fitness trainer **Eric Paskel** at the **Biltmore Hotel** on **Saturday, November 28th** from **11:00 a.m. to 12:30 p.m.** XFLOWSION is the only exercise program that efficiently and effectively gives you cardio, resistance training and flexibility enhancement in one convenient workout, combining proven moves from martial arts, power yoga, and dance.

XFLOWSION is an ultimate 3-in-1 workout that provides impressive results in 1/3 the time. Paskel has helped some of the most famous Hollywood stars by combining his leading-edge fitness and psychology background to bring effective results. The class entails constantly shifting moves designed to promote continuous fat burning and muscle toning. Students will sweat, sculpt and stretch their body to total transformation, from head to toe, inside and out.

You can also warm up for the XFLOWSION class by taking Eric Paskel's **Yoga Rock Class** on **Thanksgiving day** from **9 a.m. to 10:30 a.m.** The XFLOWSION work-out class is **\$35 per student**. For more information please call the Biltmore Hotel's Fitness Center at 305-913-3102. The Biltmore Hotel is located at 1200 Anastasia Avenue in Coral Gables, Florida.

About The Biltmore:

The Biltmore, Miami's National Historic Landmark hotel in Coral Gables, Florida is a true luxury destination resort. Offering a restored Donald Ross 18-hole, 71 par championship golf course, tennis, the largest hotel swimming pool in the country, with private poolside cabanas, a European spa, and an award-winning fitness center, spread over a 150-acre tropical landscape, the 275-room hotel is a true Miami luxury experience. The Biltmore also boasts the acclaimed Palme d'Or, which Zagat called one of the best restaurants in the country; Fontana, a Northern Italian restaurant surrounding the Biltmore fountain; the poolside Cascade restaurant; and the Biltmore Bar. The property recently unveiled its Culinary Academy which offers an array of hands-on cooking classes taught by the hotel's acclaimed chefs. The Biltmore is a member of the Leading Hotels of the World. For further information, visit www.BiltmoreHotel.com or call (800) 727-1926.

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