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## Courtyard Silver Spring North Pumps Up Its Fitness Center with More Space and Equipment

*Updated gym at Silver Spring hotel includes areas for cardio, weight training, CrossFit and yoga*

**Silver Spring, MD** – With an all-new renovation completed, [Courtyard Silver Spring North](#) looks to deliver an unparalleled fitness experience to Maryland visitors.

Originally 400 square feet, the hotel's brand-new gym now boasts 2,359 square feet of flexible and innovative exercise space. Whether squeezing in a brisk jog or tackling an intense weightlifting session, travelers have the room and tools to stay fit and balanced during their stay. The hotel now provides guests with [Fitness On Demand™](#), a revolutionary kiosk offering virtual group fitness classes 24 hours a day.



To exceed the expectations of modern gym goers, the hotel has vastly improved its line of exercise equipment, which features:

- 2 [Integrity Series Elliptical Cross-Trainers](#) with TVs
- 2 [Integrity Series Recumbent Lifecycle Exercise Bikes](#) with TVs
- 5 [Integrity Series Treadmills](#) with TVs
- 2 [Lifecycle GX Group Exercise Bikes](#)
- [Synrgy360T](#) with battle ropes, stall bars and suspension chin-up bar
- Dumbbells and kettlebells
- Stability balls
- Weighted medicine balls
- [Signature Series Ab Crunch Bench](#)
- Adjustable flat and decline benches
- BOSU ball

Along with this expansive list of gear, guests can explore more specific workout concepts like yoga,

cycling and kettlebell training among others.

Trenton Hood, General Manager of Courtyard Silver Spring North, said he is thrilled to share these sleek upgrades to the public.

“We want our guests to succeed and flourish during their stay,” Hood said. “For many, the path to fulfillment starts off with a daily workout. With our new and improved fitness center, everyone from Pilates enthusiasts to CrossFit masters can continue their normal routines and enjoy a rewarding, on-the-road experience.”

While exercise is vital for maintaining a healthy lifestyle, a proper diet is just as important. [The Bistro](#), Courtyard's on-site restaurant, welcomes guests to savor its guiltless choices for both breakfast and dinner. Travelers can fuel up for the day ahead with hearty classics such as oatmeal and smoothies, as well as egg-white sandwiches and frittatas. In the evening, visitors are treated to a selection of garden-fresh salads and savory sandwiches to bring a satisfying end to a busy day of meetings or sightseeing.

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Learn more about [Courtyard](#) and [Marriott International Inc.](#)

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### **PHOTO CAPTION**

Courtyard Silver Spring North unveiled a newly remodeled and one-of-a-kind fitness center, which increased from 400 to 2,359 square feet of space. The gym features areas for cardio, weightlifting, CrossFit, yoga and Pilates. For information, visit [CourtyardSilverSpring.com](http://CourtyardSilverSpring.com) or call 1-301-680-8500.