

# Complimentary guided workouts from Future

Premier personal training platform, Future, has designed a series of workouts specifically for the fitness centers at Hyatt Regency hotels and resorts. The workouts target all fitness levels and activity preferences, allowing guests to choose the workout best suited for them—from a Surfside Strength Session designed for the fitness center at Hyatt Regency Huntington Beach to an Alpine Circuit Adventure that can be done lakeside at the Hyatt Regency Lake Tahoe.

## How it works:

Guests can scan a Future QR code at participating Hyatt Regency hotels and resorts to download the Future personal training app and start working out.

**For a limited time, guests who try Future for the first time during their stay are eligible for a free month of personal training with their own dedicated coach (\$199 value). See below for details.**

For a list of participating properties and more information, visit

<http://future.co/hyatt-regency>

Guests who complete one of the custom on-property workouts via Future are eligible for a complimentary one-month membership to Future. The one-month free trial is subject to Future [Terms & Conditions](#), and will be converted to a paid subscription after the first month at \$199 per month unless terminated in the Future app within 34 days of the initial call with a Future coach.

